

Advised to cut down on your drinking?

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Here are some steps can help you if your doctor tells you to cut down on your drinking:

1. Write down the reasons you wish to cut down or stop.

Why do you want to drink less? There may be a number of reasons why you want to cut down or stop drinking. The reasons may be to improve your health, sleep better, or get along better with your family or friends. Make a list of all the reasons why you want to drink less.

2. Set a goal of how much you will drink.

Decide, before you begin drinking, exactly how many drinks you will have. You may decide to cut down or not to drink at all. If you are cutting down, keep below these limits:

Women: No more than one alcoholic drink per day

Men: No more than two alcoholic drinks per day

A drink is:

one 12-ounce bottle of beer;

one 5-ounce glass of wine; or

one 1 1/2-ounce shot of liquor.

Depending on any medical issues you may have these limits may be too high. Talk with your doctor and decide on a limit that is right for you.

Write your goal on a piece of paper. Put it where you can see it daily, such as on your refrigerator or bathroom mirror.

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