



LUNDER • DINEEN
Health Education Alliance of Maine
 In collaboration with Massachusetts General Hospital

Avoid the Dangers of Alcohol Use: It's Time to Talk

It can be hard to talk about alcohol use. But it's a talk that needs to happen.



In 2020, **584 people** in Maine died from alcohol-related causes.

That's an increase of **↑28%** from 2019.



Alcohol use is a danger.

It can cause health problems and diseases.

What can alcohol do to your body?

- ⓘ If you have a condition that affects your health, alcohol can make it worse
- ⓘ Alcohol increases your risk for cancer
- ⓘ Too much alcohol can cause learning or memory problems
- ⓘ Too much alcohol can impair your ability to make decisions
- ⓘ Alcohol can interfere with how medications in your body work
- ⓘ For kids, alcohol use can lead to changes in brain development, disrupted growth patterns, and alcohol poisoning
- ⓘ When pregnant, alcohol can harm the development of the fetus

What can YOU do?



Talk about alcohol use with your doctor so they can help you protect your health.



Your doctor's office is a safe place to ask questions about alcohol.



Talk about alcohol with your children so they understand the dangers.



Find out more about how alcohol affects your body.

Visit www.lunderdineen.org/substance-use-resources

Time to Ask is an education program in Maine that helps doctors and their teams talk to patients about alcohol use. Look for more information about Time to Ask in the coming months.

Learn more at www.lunderdineen.org/alcohol-use-time-ask

