

Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

As you age, your body becomes more sensitive to alcohol. Your age, your body weight, and other health conditions will impact how you respond to alcohol.

Alcohol can cause you to fall due to:

- » Impaired gait, coordination, and balance; slower reaction time; loss of muscle mass.
- » Reduced vision and hearing.
- » Reduced cognitive function, increased confusion and forgetfulness.
- » Drowsiness and unsteadiness (especially when combined with medications).
- » Negatively impacting other health conditions such as high blood pressure, osteoporosis, diabetes, congestive heart failure, cancer (at least seven types), stroke, liver problems, malnutrition, mental illness, and brain damage.

Canada's Guidance on Alcohol and Health (2023) provides Canadians with the information to make well-informed and responsible decisions about

drinking alcohol. The key message is that, "when it comes to drinking alcohol: less is better".¹

Since the Low-Risk Drinking Guidelines were published, many studies worldwide have reviewed the effects of alcohol. They showed that **any** alcohol use has some level of risk.

One standard drink is 13.45 g of pure alcohol, which equals:

A bottle of beer

(12 oz., 341 ml, 5% alcohol)

A bottle of cider

(12oz., 341 ml, 5% alcohol)

A glass of wine

(5oz., 142 ml, 12% alcohol)

A shot glass of spirits

(1.5 oz., 43 ml 40% alcohol)

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more consequences add up.

0 drinks per week.	No risk
2 standard drinks or less per week.	Low risk
3 – 6 standard drinks per week – your risk of developing several types of cancer, including breast and colon cancer, increases.	Moderate risk
7 standard drinks or more per week – your risk of developing heart disease or stroke increases. Each additional standard drink – greatly increases the risk of alcohol-related consequences.	Increasingly high risk

¹Canada's Guidance on Alcohol and Health – Low-Risk Drinking Guidelines
<https://www.ccsa.ca/canadas-guidance-alcohol-and-health>

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