A GUIDE FOR YOUR HEART

Drinking Less, Step by Step

A steadier pace for your next chapter

HOPE ADDICTION MEDICINE

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Chapter One

Know your numbers

Check your blood pressure at home with a bare upper arm and your feet flat. Write each reading down.

Chapter Two

Count your drinks

The CDC's limits are no more than one drink a day for women and two for men. Ask whether any amount fits you.

Chapter Three

Pair it with other changes

NHLBI pairs limiting alcohol with heart-healthy eating, activity, sleep and managing stress.

Chapter Four

Plan before you stop

If you drink heavily every day, talk with a medical provider first. Withdrawal can cause seizures.

Chapter Five

Ask about medicine

There are FDA-approved medicines for alcohol use disorder. NIAAA says the approved ones are not addictive.

Epilogue

Every drink you skip counts.

Cutting back can support healthier blood pressure over time. You do not have to do it alone, and a plan made with a provider keeps you safe along the way.

Ready to write your next chapter?

Plan to cut back safely with our West Ashley team.

BOOK A VISIT

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