



A MINUTE OF HEALTH WITH CDC

Last Call for Alcohol

Communication Between Health Professionals and Their Patients About Alcohol Use — 44 States and the District of Columbia, 2011

Recorded: January 14, 2014; posted: January 16, 2014

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Drinking too much alcohol is associated with increased risk for heart disease, breast cancer, fetal alcohol spectrum disorders, motor-vehicle crashes, and suicide. It accounts for approximately 88,000 deaths a year in the U.S.

Most adults who drink too much are not alcoholics. Health provider screening and counseling has proven to be effective in helping people drink less. However, only one in six U.S. adults reported ever discussing alcohol consumption with their doctor. These discussions should be routine. Talk with your health care provider, especially if you're concerned about how drinking is affecting your life.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.