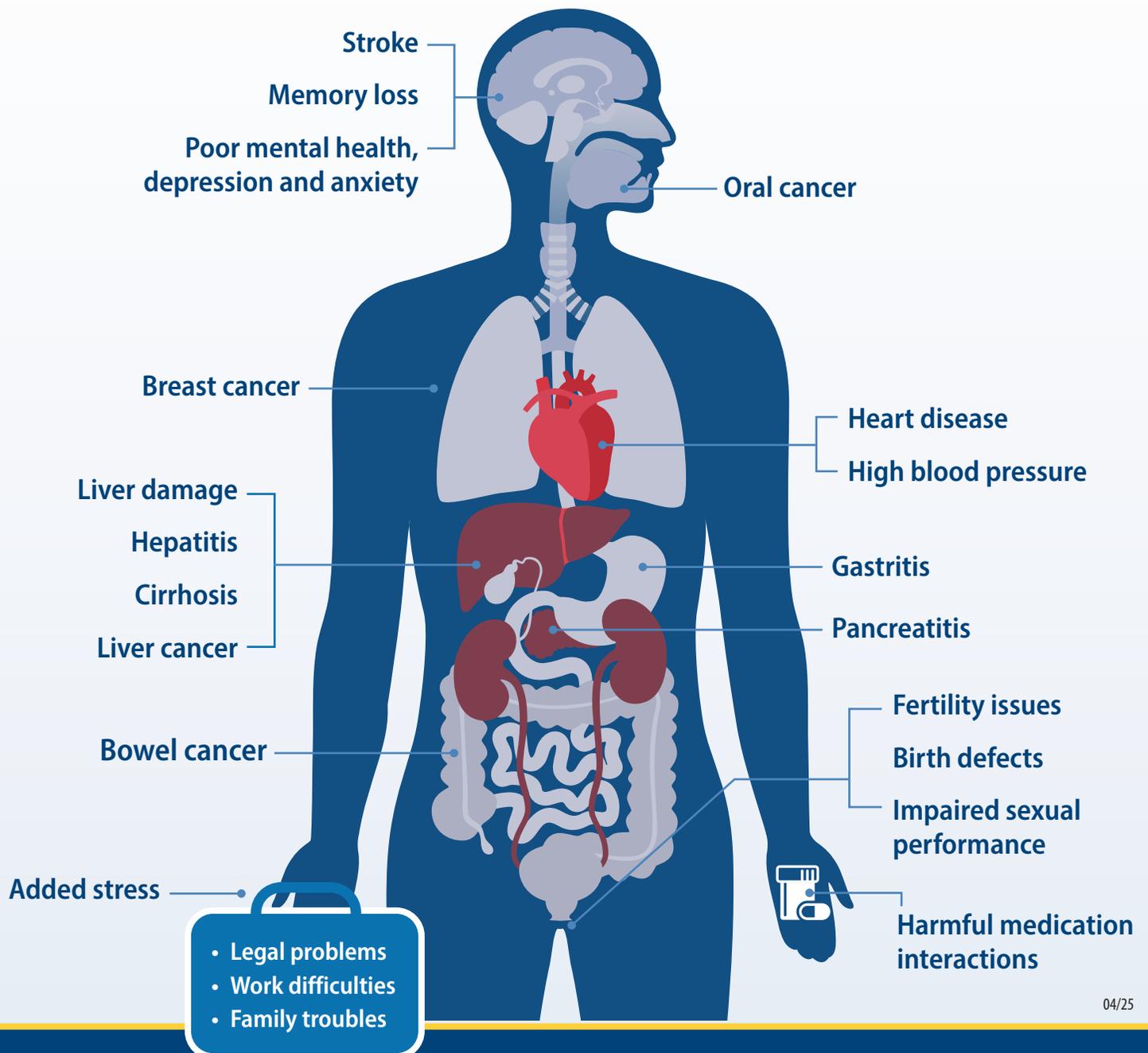


Alcohol's Effects on Health

Have you thought about the effect alcohol may have on your health? Alcohol is a causal factor in more than **60 medical conditions**.

Current research suggests even low levels of alcohol use (1-2 drinks per day) may be unhealthy and may be associated with increased risk of several chronic health conditions and other consequences.* If you are interested in making a change related to your alcohol use, please communicate with your primary care team.



04/25

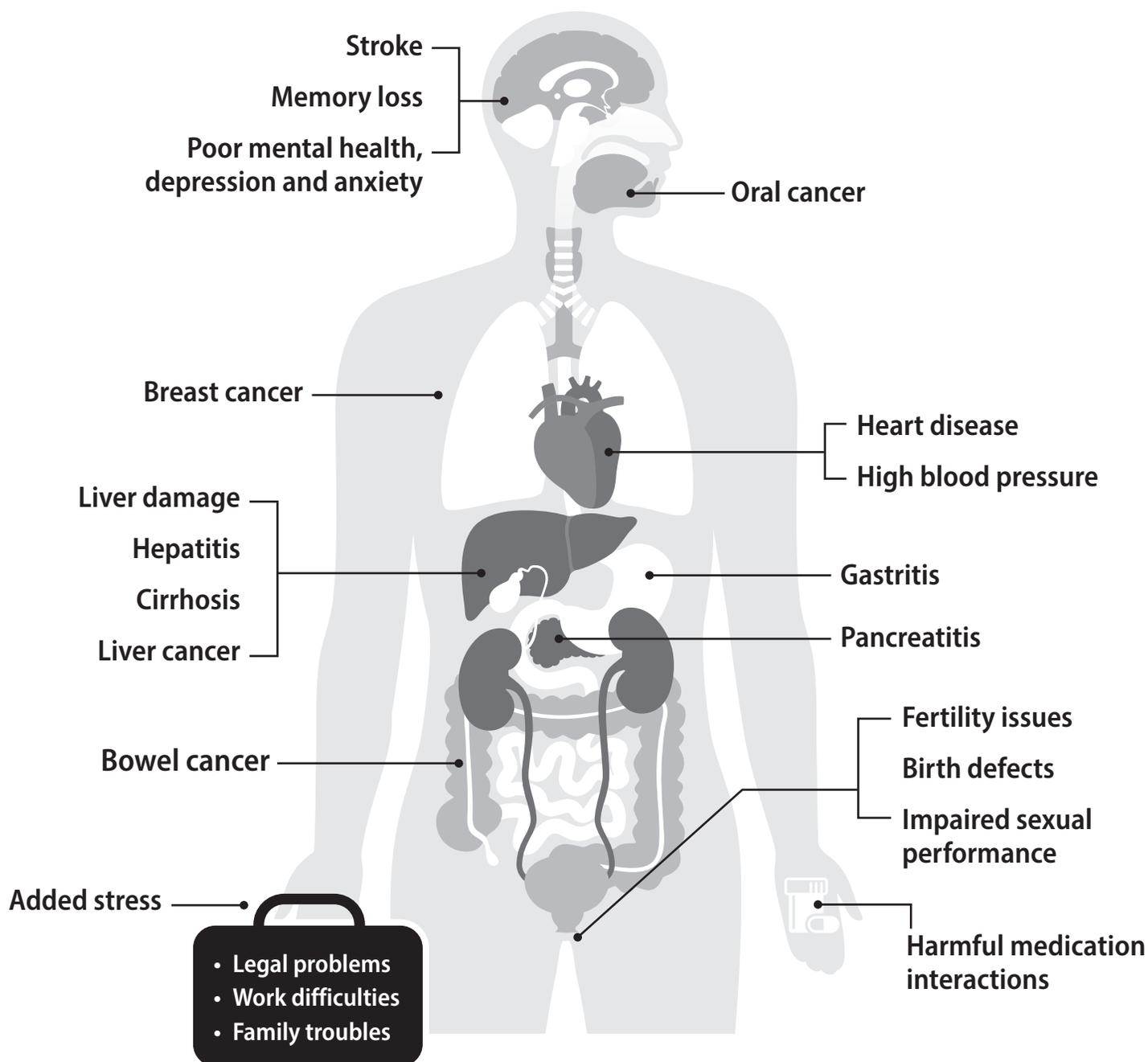
*Griswold, MG, Fullman, N, Hawley C, et al. Alcohol use and burden for 195 countries and territories, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. *Lancet*. 2018;392:1015–35. doi:10.1016/S0140-6736(18)31310-2



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