

ALCOHOL FACTS

TRUE AND FALSE



Heavy alcohol use has long-term health consequences, especially when consumed in large quantities. Heavy drinking can lead to liver, heart, pancreas, and immune system diseases as well as cancer.

Only adults experience the health consequences of alcohol use. Anyone at any age can experience serious consequences from alcohol consumption, especially when it is consumed in large quantities.



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Only adults can become dependent on alcohol.

Adolescents and young adults can also become addicted to alcohol if it is consumed frequently.



FALSE

Heavy alcohol use can be fatal.

At any age, heavy alcohol use can be fatal.



TRUE

Alcohol isn't harmful since it is legal for adults.

Even though alcohol is legal for adults, it can still be deadly for anyone when it is consumed in large quantities.



FALSE

Alcohol increases the risk of making bad decisions about sexual activity, violence, and risky driving.

Since alcohol impairs judgment, it may cause someone to do things that wouldn't normally be done if not drinking.



TRUE

Talk to your doctor about alcohol use.

Ask for help. Don't wait until it's too late.



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