



COUNSELING AT DUPONT

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WHERE HEALING BEGINS

Are You Drinking Too Much?

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Alcohol is everywhere. It's a central part of the social lives of millions of Americans. It's in our homes, and in an urban setting like D.C., it's often no more than a short walk to the nearest bar, restaurant with drink specials, or liquor store.

That's not a problem – unless you start drinking too much. How can you tell when you've crossed the line from "safe" to "risky" drinking?

The CDC (cdc.gov/alcohol/faqs.htm) has a helpful fact sheet that states how to tell moderate drinking from excessive, risky alcohol use:

- ✦ A standard drink equals 12 ounces of beer, five ounces of wine, or 1.5 ounces (a "shot") of 80-proof liquor (gin, rum, etc.).
- ✦ According to DHHS's and USDA's *Dietary Guidelines for Americans*, * moderate alcohol use is one drink per day for adult women and two drinks per day for adult men.
- ✦ In a single day, an adult should not exceed the moderate amount listed above. So, if you're out with friends and have four beers or three mixed drinks in one evening, you have tipped over into risky drinking.
- ✦ Looked at in weekly terms, alcohol use becomes "heavy drinking" when it is eight drinks or more per week for an adult woman and 15 or more drinks per week for an adult man.

If your drinking starts to affect your work or relationships or is leading to hazardous situations (such as driving while drunk), it's time to seek help. Talk with your doctor, or for a more confidential option, call the National Drug and Alcohol Treatment Referral Routing Service at 1-800-662-HELP.

* U.S. Department of Health and Human Services and U.S. Department of Agriculture, *2015 – 2020 Dietary Guidelines for Americans*. 8th Edition, Washington, DC; 2015.

Counseling at Dupont offers quality, compassionate, and affordable individual, couples and group psychotherapy services in the heart of Dupont Circle. To make an initial consultation appointment or request more information, please call us at 202-734-3703.