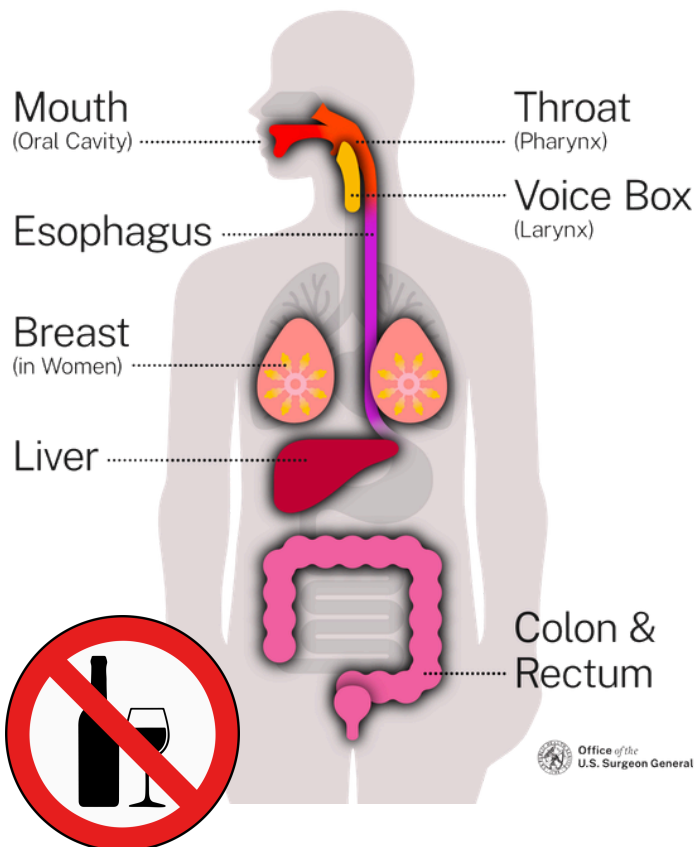


RISKY SUBSTANCES

ALCOHOL

- Alcohol and other substances can negatively impact brain health, sleep, mood, heart health, and cancer risk.
- Consuming alcohol increases the risk of developing at least 7 types of cancer (see graphic)
- Risk increases with use, but even low levels of alcohol can impact health. There is no completely “safe” level of alcohol for cancer risk.
- All types of alcohol, including beer, wine, and liquor, carry similar risks.
- Reducing alcohol use, even a little, can improve overall health.



OTHER SUBSTANCES

- Tobacco is the leading preventable cause of death and is strongly linked to cancer, heart disease, and lung disease.
- Vaping exposes users to nicotine and harmful chemicals that can affect lung and heart health.
- Marijuana can impair memory, attention, and coordination, and may affect mental health.
- Using substances to cope with stress, anxiety, or sleep can increase the risk of dependence over time.
- Combining substances, such as alcohol with other drugs, increases the risk of injury, overdose, and long-term health effects.

HEALTHY TIPS

- Set small, realistic goals, such as alcohol-free days or reducing quantity over time.
- Replace alcohol or substance use with healthier stress relief, such as walking, exercise, meditation, or time in nature.
- Consider replacing alcoholic beverages with NA drinks or “mocktails.”
- Build social connections through activities like group walks, community events, or time with others.
- Talk with a healthcare provider about treatment options, including medication-assisted therapies.
- Download apps like Reframe or quitSTART, or visit FindTreatment.gov
- Join community groups like Alcoholics Anonymous or SMART Recovery.