



Durham Region Health Department FAX about...

For Health Care Professionals



Canada's New Guidance on Alcohol and Health

Canada's [Guidance on Alcohol and Health](#) is now available from the Canadian Centre on Substance Use and Addiction (CCSA). **To minimize the risks associated with drinking alcohol, the CCSA recommends consuming no more than two standard drinks per week.**

The new recommendations are significantly lower than past guidelines. Among healthy individuals, the risk for alcohol-related harms increases when an individual consumes:

- **3 to 6 drinks per week:** increases risk of developing at least 7 types of cancers, including breast, esophagus, colon, rectum, mouth & throat, and liver
- **7 or more drinks per week:** increases risk of developing heart disease and stroke
- **With each additional drink** the risk of having health problems, other diseases and injury exponentially increases

A standard drink is defined as 12 oz. of beer with 5 % alcohol, 5 oz. of wine with 12 % alcohol, or 1.5 oz. of hard liquor with 40 % alcohol.

The new guidance also addresses the specific needs of groups facing a higher risk from the harms associated with alcohol, including youth, women, older adults, and people with chronic diseases.

Other key messages found in Canada's Guidance on Alcohol and Health include:

- Disproportionately more injuries, violence and deaths result from men's drinking
- Drinking an excess of alcohol can lead to alcohol dependence, abuse, and violence
- It is safest not to drink while pregnant and during the pre-conception period
- For women who are breastfeeding, it is safest not to use alcohol

Visit durham.ca/alcohol for updates and to download a new infographic for printing.

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.



Resources for Patients

- **Lakeridge Health Rapid Access Addiction Medicine (RAAM) Clinic-**
<https://www.lakeridgehealth.on.ca/en/ourservices/rapid-access-addiction-medicine--raam-.asp>
 - Pinewood Centre 300 Centre St. S., Oshawa
905-576-8711 ext. 3 RAAM (37226)
- **Pinewood Addiction Services-**
<https://www.lakeridgehealth.on.ca/en/ourservices/pinewood-addiction-services.asp>
 - Ajax 905-721-4747 ext. 6
 - Bowmanville 905-721-4747 ext. 3
 - Oshawa 905-721-4747 ext. 2
 - Port Perry 905-721-4747 ext. 4

For immediate support, contact 300 Centre Street South, Oshawa 905-721-4747 ext. 1 or 1-888-881-8878
- **Centre for Addiction and Mental Health Saying When App-**
<https://www.camh.ca/en/camh-news-and-stories/introducing-the-saying-when-app>
- **Connex Ontario**
<https://www.connexontario.ca>
1-866-531-2600

General inquiries regarding Alcohol can be found on [Alcohol - Region of Durham](#) or call the Durham Health Connection Line at 905 668-2020 or 1-800-841-2729.

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