



## Binge Drinking



### Overview

You've heard about the dangers of "binge drinking." That's when you have many alcoholic drinks at one time. But when is drinking a lot actually considered a "binge"? And how is this harmful?

### What is binge drinking?

Binge drinking is when, at least one day a month, you drink much more alcohol than a person normally would. For men, that's five or more alcoholic drinks on the same occasion (which is within a few hours). For women, it's four or more drinks. We can also define it by your blood alcohol level. If at least once a month you drink until you reach a blood alcohol level of 0.08, that's binge drinking.

### Why is it harmful?

Most people who drink alcohol have engaged in binge drinking at some point. Some don't think of it as harmful. But binge drinking can be very dangerous. It leads to risky behavior. It can harm your relationships, and impact your work or school. And, if you regularly binge drink, you're much more likely to develop alcohol use disorder. This is very bad for your health. It raises your risk for things like cirrhosis, dementia and many types of cancer.

### Conclusion

The safest amount of alcohol is none at all. But if you choose to drink, be responsible. Don't binge drink. Talk to your doctor for more information.

Actor portrayals in photos

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