

Patient Video Script

For patients who are not intending to be pregnant soon

5 Reasons Your Doctor Might Ask How Much You Drink

1. Doctors talk to all patients about issues that may affect their health, like smoking, exercise, diet, and alcohol, to provide the best quality care.
2. For nonpregnant adults of legal drinking age, drinking in moderation is defined as limiting consumption to one drink or less in a day for women or two drinks or less in a day for men. Drinking less is better for your health.
3. Drinking too much alcohol increases the risk of many health conditions including heart disease, stroke, some cancers, depression, and anxiety.
4. Alcohol can negatively interact with medicines you take and hinder your efforts to manage some chronic conditions.
5. Drinking while pregnant increases the risk of miscarriage, stillbirth, preterm birth, and SIDS. It also increases the risk of having a baby with fetal alcohol spectrum disorders (FASDs).

Let's Talk

To stay healthy, all patients should limit the amount of alcohol they drink, and some should not drink alcohol at all. If you do not want to get pregnant, talk with your doctor about your health goals, including birth control options. If you do want to get pregnant, learn more about the risks of alcohol use during pregnancy and talk with your doctor about how to prepare for a healthy pregnancy.

For more information, visit www.cdc.gov/fasd.