

Mayo Clinic Minute: How COVID-19 has changed alcohol use

Video

Audio

	If you are closing your computer at the end of a work day and reaching for the liquor cabinet, chances are you're not alone.
	How much is too much though?
	Current recommendations are no more than 14 drinks per week and no more than four drinks per occasion for men, and, for women, no more than seven drinks per week and no more than three drinks per occasion.
Victor Karpyak, M.D. Psychiatry Mayo Clinic	"If it becomes three or four drinks today and it is again three or four drinks tomorrow, we start to hit above the weeklong threshold, and this is what needs to be an alarming sign."
	An escalating pattern of drinking may be a potential sign of alcohol abuse.
	"There is no organ or system which is not impacted by chronic and significant alcohol use."
	Alcohol-related liver disease is perhaps the most familiar problem.
	"There is a lot of negative impact that long-term significant alcohol use has on brain tissue."
	Next time you want to reach for a cold one, consider reaching out to a friend.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.