

How Does Alcohol Affect You As You Age?

For healthy adults ages 65 and older, drinking more than one drink per day can lead to health problems.



What is considered one drink?



12 fl. oz. of
regular beer –
about 5%
alcohol



8 fl. oz. of
malt liquor –
about 7%
alcohol



5 fl. oz. of
table wine –
about 12%
alcohol



1.5 fl. oz. shot of
80-proof distilled
spirits (gin, rum,
tequila, vodka,
whiskey, etc.) –
about 40% alcohol

Decreased Tolerance – Aging lowers the body's tolerance for alcohol.

Increased Health Problems – Certain health problems are common in older adults. Drinking more than the recommended guidelines can make health problems worse.

Medication Interactions – Many prescriptions, over-the-counter medications, and herbal remedies can be harmful or even deadly when mixed with alcohol.

Medicine and alcohol misuse can happen unintentionally.

Here are some signals that the interaction is a problem:

- Loss of coordination
- Irritability, sadness, depression

If you or someone you love is struggling with alcohol dependence –
call VT Helplink 802-565-5465

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