








Excessive drinking levels for healthy adults are defined as:

Persons	Per Occasion	Per Week
Men (21+)	> 4 drinks	> 14 drinks
Women (21+)	> 3 drinks	> 7 drinks
Men (65+)	> 3 drinks	> 7 drinks
Pregnant	> 0 drinks	> 0 drinks
All < 21	> 0 drinks	> 0 drinks

# The excessive drinking levels are based on counting Standard Drinks, defined as:

<b>12 oz. of beer or cooler</b>	<b>8-9 oz. of malt liquor</b> 8.5 oz. shown in a 12-oz. glass that, if full, would hold about 1.5 standard drinks of malt liquor	<b>5 oz. of table wine</b>	<b>3-4 oz. of fortified wine</b> (such as sherry or port) 3.5 oz. shown	<b>2-3 oz. of cordial, liqueur, or aperitif</b> 2.5 oz. shown	<b>1.5 oz. of brandy</b> (a single jigger)	<b>1.5 oz. of spirits</b> (a single jigger of 80-proof gin, vodka, whiskey, etc.) Shown straight and in a highball glass with ice to show level before adding mixer*
						
<b>12 oz.</b>	<b>8.5 oz.</b>	<b>5 oz.</b>	<b>3.5 oz.</b>	<b>2.5 oz.</b>	<b>1.5 oz.</b>	<b>1.5 oz.</b>

Your patient is a 54 yo male with a sports related injury, new to your practice. He is drinking 1 glass of wine with dinner nightly on weekdays, and two 40 oz beers after his soccer league games, on both Friday and Saturday evenings, with his teammates.

His drinking:

- A. Exceeds daily and weekly limits
- B. Exceeds daily limits but not weekly limits
- C. Exceeds weekly limits but not daily limits
- D. Does not exceed excessive limits