

# Drinking too much can have many risks for men.



## For any man with violent tendencies

aggression  
domestic violence  
assault  
rape  
murder

## For any man

injuries/violence  
heart disease  
cancer  
sexually transmitted diseases  
impotence  
unintended pregnancy



## Drinking too much for men includes ...

### VIOLENT



**any alcohol use**  
by men who are violent  
or might be violent

### NON-VIOLENT



**8 or more drinks**  
per week (more than 1 drink  
on average per day)



**binge drinking**  
(4 or more drinks within  
2-3 hours)



**any alcohol use**  
by those under age 21

Doctors, nurses, or other health professionals should screen\* every adult patient, including violent men, and counsel those who drink too much. Providers can help men avoid drinking too much, including alcohol while violent, in 5 steps.

1

### Assess a man's drinking.

- Use a validated screener (e.g., AUDIT {US}\*).
- Take 6-15 minutes to explain results and provide counseling to men who are drinking too much
- Advise him not to drink at all if he is violent or might be violent.
- Come up with a plan together.

"The best advice is to stop drinking alcohol when you start getting violent."



2

### Recommend self-control if a man goes out in public (if appropriate), is not planning to commit a violent act, and is drinking alcohol.

- Review risk for violence and importance of non-violent behavior.
- Discuss full range of methods available.
- Encourage him to always use condoms to reduce risk of sexually transmitted diseases.

3

### Advise a man to stop drinking if he is violent or not using self-control with sex.

- Discuss the reasons to stop alcohol use before the man commits a violent act.

4

### Refer for additional services if a man cannot stop drinking on his own.

- Provide information on local programs or go to SAMHSA treatment locator. [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)
- Consider referral to treatment or recommend Alcoholics Anonymous. [www.aa.org](http://www.aa.org)

5

### Follow up yearly or more often, as needed.

- Set a time for return appointment.
- Continue support at follow-up.

\*Learn how to do alcohol screening and counseling at [www.cdc.gov/alcohol/fact-sheets/mens-health.htm](http://www.cdc.gov/alcohol/fact-sheets/mens-health.htm).