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Long Island Association for AIDS Care (LIAAC) recognizes Alcohol Awareness Month.

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, The Long Island Association for AIDS Care encourages you to educate yourself and your loved ones about the dangers of drinking too much.

According to state data, Suffolk had 853 alcohol-related crashes in 2013 — more than 10 percent of the state's total — of which 51, or 14 percent of the statewide total, were fatal. Nassau had 548 alcohol-related crashes in 2013, of which 26 resulted in a fatality. According to Newsday, at least 354 people of all ages died from drinking too much alcohol from 2010 to 2015. To spread the word and prevent alcohol abuse, Long Island Association for AIDS Care is joining other organizations across the country to honor Alcohol Awareness Month.

The National Council on Alcoholism and Drug Dependence suggests that if you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

If you are concerned about someone else's drinking, offer to help.

Alcohol-related crashes and injuries are entirely preventable, and discussions about the harmful effects of binge drinking can help create awareness about an issue that has been impacting Long Island's community.

For information about events related to Alcohol Awareness Month, visit our Facebook events page at <https://www.facebook.com/LIAAC.inc/events>. For more information call our toll free hotline at 1-866-236-3448

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