



The Medical **Bulletin**

Life Style Modification

Pearls of Unhealthy Alcohol Use

Unhealthy alcohol use is a catch-all term meant to describe a spectrum of drinking ranging from risky use all the way to alcohol use disorder. alcohol use disorder, which is defined as a problematic pattern of alcohol use leading to clinically significant impairment or distress, as manifested by psychosocial, behavioral, or physiologic features. According to National Institute on alcohol Abuse and Alcoholism (NIAAA), risk for alcohol use disorder is thought of as daily and weekly alcohol limits For men less than 65 years: more than 4 drinks/day or 14 drinks/week, For women and men over 65 years: more than 3 drinks/day or 7 drinks/week. The United States Preventive Services Task Force (USPSTF) has recommended that all adults in primary care be screened for unhealthy alcohol use. Low levels of alcohol are associated with decreased risks for cardiovascular disease and type 2 diabetes. Few medical professionals would recommend 'healthy drinking' however the goal remains moderation or minimal intake. HCC screening is based on risk factors such as family history of HCC, personal history of cirrhosis, ethnicity and sex of the patient with chronic hepatitis B. all patients of cirrhosis or a family hx of liver cancer should get routine screening. The AASLD recommends HCC screening with liver US every 6 months with or without serum alpha fetoprotein (AFP).

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