

Soundbite Script – Just say no to heavy drinking

Jessey Mathew, MD, primary care physician, OSF HealthCare

"COVID was a very stressful time for a lot of people. There was a lot of social isolation, and a lot of emotional turmoil. People lost their friends; they lost family members. There were no outdoor activities, and alcohol became a relief from all these problems." (:17)

Jessey Mathew, MD, primary care physician, OSF HealthCare

"It depends on the type of alcohol and your rate of metabolism, which might be different for each person. It also depends on how much you're drinking at the time. Are you binge drinking? Are you mixing it with other drinks? Are you mixing it with other substances or other drugs? There's a variety of reasons." (:16)

Jessey Mathew, MD, primary care physician, OSF HealthCare

"Alcohol affects everything, basically, from head to toe, every single organ can be affected by alcohol." (:5)

Jessey Mathew, MD, primary care physician, OSF HealthCare

"There's a study that says that if you have one extra drink a day, it puts you at a risk of five to nine times more likely of getting breast cancer. It also increases your risk of infertility, menstrual problems, osteoporosis or weakening of your bones, which leads to fractures." (:17)