

## Binge drinking is a slippery slope

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**Dr. Andrew Zasada [zah-SAH-dah], internal medicine physician at OSF HealthCare in Champaign County, Illinois**

“It can cause brain dysfunction. It can cause liver disease and stomach ulcers. It’s just not a good thing. It can cause a wide variety of problems.” (:11)

\*\*\*SOT\*\*\*

**Dr. Andrew Zasada [zah-SAH-dah], internal medicine physician at OSF HealthCare in Champaign County, Illinois**

“If you’re an average size gentleman, probably a beer an hour is just about the max you can drink.” (:09)

\*\*\*SOT\*\*\*

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“If the person is trying to deny that they drink at all; if they are drinking alone when there is nobody else around; if they're trying to hide or cover up their drinking, those are all fairly serious warning signs that this person needs help.” (:20)

\*\*\*SOT\*\*\*

**Dr. Andrew Zasada [zah-SAH-dah], internal medicine physician at OSF HealthCare in Champaign County, Illinois**

“It's easier to mitigate any problems that have already occurred earlier, rather than wait for the problem to get very, very serious, very bad, and then quit. Yeah, you'll get better. But you won't go back to what you were.” (:14)

\*\*\*SOT\*\*\*

**Dr. Andrew Zasada [zah-SAH-dah], internal medicine physician at OSF HealthCare in Champaign County, Illinois**

“You might lose weight. You might lower your blood pressure. It may increase heart health. You'll think clearer. You'll sleep better.” (:09)