I have alcoholic liver disease and my doctor told me to quit drinking. I can’t seem to stop. Is it enough to cut back?

April 24, 2018 By Lucinda K. Porter RN

It depends. Alcoholic liver disease is caused by drinking more alcohol than the liver can process. How much is too much? That depends on the amounts and frequency of alcohol use and your liver’s ability to process it. If your liver is already damaged, it may not be able to process even a small amount of alcohol.

For people who can’t stop using alcohol, drinking less is better than not making any attempt to cut back. Moderate alcohol consumption for people without liver disease is one standard size drink per day for women and two drinks per day for men.

Consider getting help for your drinking or learning more about problems with alcohol. The National Council on Alcoholism and Drug Dependence provides resources to assist you in finding out if you need help, and if so, what kind of help is suitable for you. If you want to explore more, April is Alcohol Awareness Month.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.hepmag.com/article/alcoholic-liver-disease-doctor-told-quit-drinking-seem-stop-enough-cut-back