

[IMAGE]

Protect Your Kidneys

Be aware of the dangers involved in mixing your Tylenol with alcohol, you could be jeopardizing the health of your kidneys.

A study recently released by the American Public Health Association (APHA) found that the combination of alcohol and acetaminophen (the primary ingredient in Tylenol) could have a negative impact on a person's kidneys.

Researchers noted that "results from the study indicated that neither taking a therapeutic amount of acetaminophen nor consuming a light to moderate amount of alcohol posed a particularly greater risk to an individual's kidneys.

alcohol and pills - Copyright © Stock Photo / Register Mark However, when taken in combination with one another, results showed a 123 percent increase in risk of kidney dysfunction."

All drugs have side effects. Mixing drugs with alcohol can elevate those side effects significantly. Make sure to talk to your doctor if you suspect you may have combined these two or would like advice on alternatives to acetaminophen.

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