

How much is too much? Simple Structured Advice



UNITS



Pint of Regular Beer/Lager/Cider



Alcopop or Can of Lager



Glass of Wine (175ml)



Single Measure of Spirits



Bottle of Wine

Remember, drinks poured at home are usually bigger

Are you at risk from drinking alcohol?

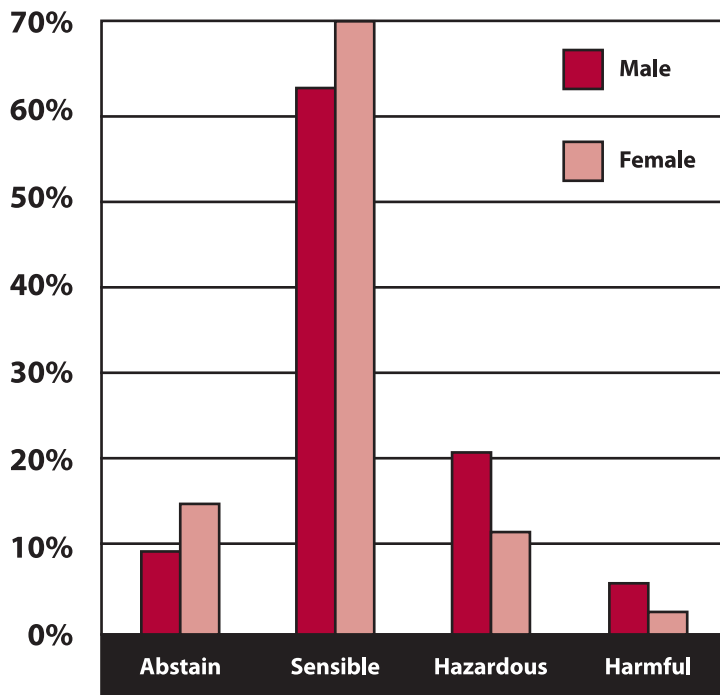
| Risk | AUDIT Score | Men | Women | Common Effects |
|--------------------------------------|-------------|---|---|---|
| SENSIBLE | 0 - 7 | 21 units or fewer per week or up to 4 units per day | 14 units or fewer per week or up to 3 units per day | <ul style="list-style-type: none"> • Increased relaxation • Reduced risk of heart disease • Sociability |
| HAZARDOUS (risky drinking) | 8 - 15 | 22 - 49 units per week or regular drinking of more than 4 units per day | 15 - 35 units per week or regular drinking of more than 3 units per day | <ul style="list-style-type: none"> • Less energy • Depression/Stress • Insomnia • Impotence • Risk of injury • High blood pressure • Relationship problems • Increased risk interfering with medication |
| HARMFUL (very risky drinking) | 16 - 19 | 50 + units per week | 36 + units per week | <ul style="list-style-type: none"> • All of the above and... • Memory loss • Increased risk of liver disease • Increased risk of cancer • Possible alcohol dependence |

- Binge drinking is considered to be drinking twice the daily limit in one sitting (8+ units for men, 6+ units for women).
- There are times when you will be at risk even after two or three drinks. For example, when exercising, operating heavy machinery, driving or if you are on certain medication.
- If you are pregnant it is recommended that you completely abstain from drinking alcohol.
- As well as keeping to weekly and daily limits it is recommended that 2 days of the week should be alcohol-free.

Your screening outcome is

How do you feel?

What is everyone else like?



Most people are sensible drinkers

What are the benefits of cutting down?

Physical

- Reduced risk of injury
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risk of liver disease
- Reduced risk of brain damage
- Sleep better
- More energy
- Lose weight / Better physical shape
- No hangovers
- Improved memory

Psychological/Social/Financial

- Improved mood
- Less hassle from family
- Reduced risk of drink driving
- Save money
- Better relationships

Making your plan

- Have your first alcoholic drink after starting to eat
- Quench your thirst with non-alcoholic drinks before alcohol
- Avoid salty snacks when drinking alcohol
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Take smaller sips
- Plan activities and tasks at those times you usually drink
- When bored or stressed have a workout instead of drinking
- Explore interests - cinema, exercise, etc.
- Avoid going to the pub after work
- Avoid or limit the time spent with 'heavy' drinking friends
- Any ideas? - Things you have tried?

What targets should you aim for?

'How to do it' - the ideal

Men

4 or less standard drinks daily
21 or less standard drinks weekly

Women

3 or less standard drinks daily
14 or less standard drinks weekly
No drinks advised during pregnancy

Dependent Drinkers

No drinks are safe

Your first achievable step

What is your target?

**Remember, nobody's perfect!
If at first you don't succeed,
try again.**