

## Making your plan

- Have several 'drink free' days, when you don't drink at all
- When you do drink, set yourself a limit and stick to it
- Quench your thirst with non alcohol drinks before and in between alcoholic drinks
- Avoid drinking in rounds or in large groups
- Eat when you drink and have your first drink after starting to eat
- Switch to lower strength alcohol beer/lager
- Avoid going to the pub after work
- Plan activities and tasks at those times you would usually drink
- When bored or stressed do something physical instead of drinking
- Avoid or limit the time spent with "heavy" drinking friends

## What targets should you aim for?

There is no completely safe level of drinking, but by sticking within these guidelines, you can lower your risk of harming your health:

- Adults are advised not to regularly drink more than 14 units a week
- If you do drink as much as 14 units in a week, spread this out evenly over 3 or more days
- Have at least 2 days alcohol free per week.

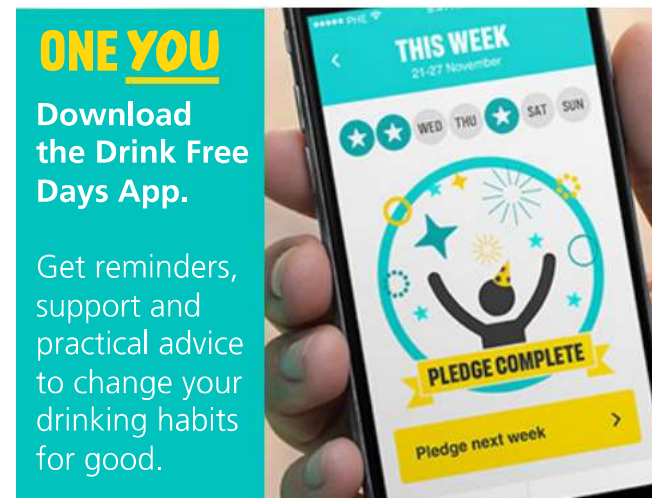
## The potential benefits of cutting down

### Psychological / Social / Financial

- Improved mood
- Improved relationships
- More time for hobbies and interests
- Reduced risk of drink driving
- Save money

### Physical

- Sleep better
- More energy
- Lose weight
- Reduced risk of injury
- Improved memory
- Better physical shape
- Reduced risk of high blood pressure
- Reduced risk of cancer, liver disease and brain damage



## Advice About Alcohol and Your Health



# Units\*. They add up.

\*A UK unit is 10ml of pure alcohol



**2.3 Units**

Pint of Lager  
4% ABV



**2.8 Units**

Pint of Bitter  
5% ABV



**3 Units**

Pint of Strong  
Beer/Lager/Cider  
5.2% ABV



**1.9 Units**

500ml Can of Lager  
3.8% ABV



**10 Units**

750ml Bottle of Wine  
13.5% ABV



**2.3 Units**

175ml Glass of Red or  
White Wine  
13% ABV



**3.3 Units**

250ml Glass of Red or  
White Wine  
13% ABV



**1 Unit**

50ml Glass of Fortified  
Wine (e.g. Sherry)  
20% ABV



**1 Unit**

25ml Single Spirit  
and Mixer  
40% ABV



**2 Units**

50ml Double Spirit  
and Mixer  
40% ABV



**1.4 Units**

275ml Bottle of  
Alcopop  
5% ABV



**1 Unit**

50ml Double Irish  
Cream Liqueur  
20% ABV

We ask everyone about their alcohol use, to help identify, if it may be causing them harm.

Based on your answers you got a score of \_\_\_\_\_ and your drinking places you in the \_\_\_\_\_ risk category.

Risk Level	What This Means	Common Effects
<b>Low Risk Drinking 1-4</b>	Adults who don't regularly drink more than 14 units per week, spread over three or more days, are at low risk of harm from drinking.	<ul style="list-style-type: none"> <li>Increased relaxation</li> <li>Sociability</li> <li>Sensory enjoyment of alcoholic drinks</li> </ul>
<b>Increasing Risk Drinking 5-7</b>	Defined as drinking up to 50 units a week for men and up to 35 units a week for women. Drinking in this way raises your long term risk of ill health.	<b>Progressively increasing risk of:</b> <ul style="list-style-type: none"> <li>Low energy and Insomnia</li> <li>Depression</li> <li>Relationship problems</li> <li>Impotence</li> <li>High blood pressure</li> <li>Alcohol dependence</li> <li>Increased risk of liver disease and cancer</li> </ul>
<b>Higher Risk Drinking 8-10</b>	Defined as drinking more than 50 units a week for men and more than 35 units a week for women. Drinking in this way is likely to be affecting your health or wellbeing in some way already.	
<b>Possibly Dependent 11-12</b>	Your drinking may have become problematic and further assessment by an alcohol specialist is advised. Your doctor or nurse will make a referral to the Hospital Alcohol Team.	

There are times when it is advisable to drink less or not at all. For example; if driving, before or immediately after strenuous exercise, being in sole charge of children, if experiencing other health problems or taking certain medications.

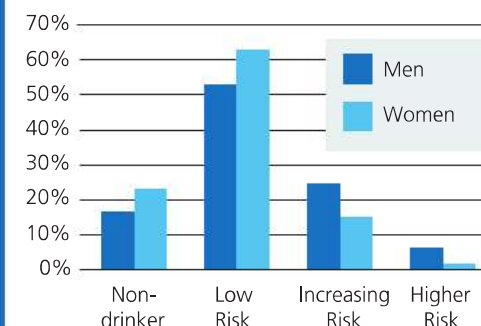
In pregnancy or when trying to conceive, women should avoid drinking alcohol; no alcohol = no risk of harm to the unborn baby.

**Dependency:**

If you are daily drinking and become unwell whilst trying to reduce or stop, you need to seek medical advice / see your GP or call the Alcohol Liaison Team at Wythenshawe Hospital on 0161 291 4187

**How much do other people drink?†**

**Population by Risk Category**



† Source: Health Survey for England 2016