






# How much is too much?

## Simple Structured Advice



<b>Units</b>					
	2	1.5	2	1	9
	Pint of Regular Beer/Lager/Cider	Alcopop or Can of Lager	Glass of Wine (175ml)	Single Measure of Spirits	Bottle of Wine

## Are you at risk from drinking alcohol?

Risk	AUDIT Score	Men	Women	Common Effects
<b>Sensible</b>	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"> <li>• Increased relaxation</li> <li>• Reduced risk of heart disease</li> <li>• Sociability</li> </ul>
<b>Hazardous</b>	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"> <li>• Less energy</li> <li>• Depression/Stress</li> <li>• Insomnia</li> <li>• Impotence</li> <li>• Risk of injury</li> <li>• High blood pressure</li> <li>• Relationship problems</li> </ul>
<b>Harmful</b>	16-19	50+ units per week	36+ units per week	<ul style="list-style-type: none"> <li>• All of the above and...</li> <li>• Memory loss</li> <li>• Increased risk of liver disease</li> <li>• Increased risk of cancer</li> <li>• Possible alcohol dependence</li> </ul>

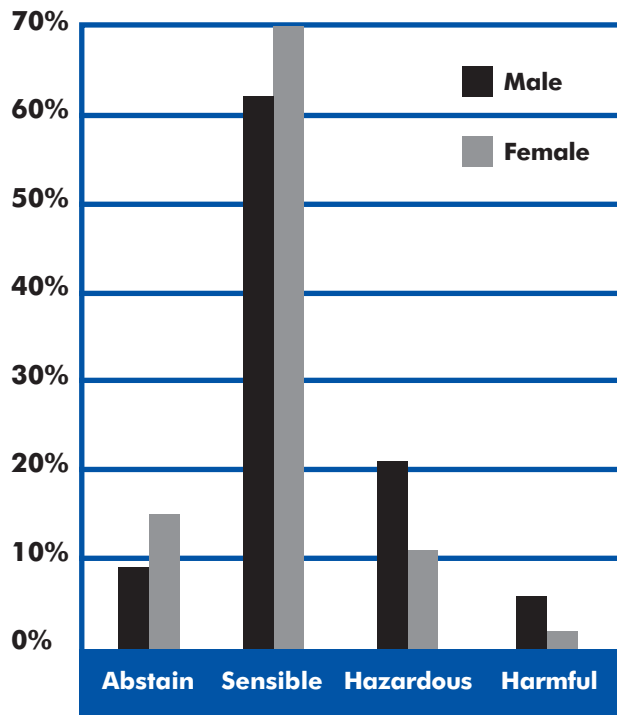
<b>Referral</b>	20+	Referral into the Community Alcohol Service (CAS)		
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- Binge drinking is considered to be drinking twice daily the limit in one sitting (8+ units for men, 6+ units for women).
- There are times when you will be at risk even after 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'

#### 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

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

