

Why don't you make a change?



The benefits of cutting down

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

Why don't you make a change Plan to cut down

- If you tend to have a drink at a certain time of day, break the habit by doing something different at that time.
- Pace yourself by sipping slowly and enjoy the taste and have a soft drink or glass of water in between.

If you drink at home

- Don't drink on an empty stomach, and try only drinking with your main meal.
- Avoid stocking up on alcohol when you do the shopping, so there is less alcohol at home.
- Be careful with home measures as these can be larger than normal. Have a small bottle of beer instead of a large can.
- Plan to do other things at those times you normally drink.

When you're out

- Try socialising somewhere that doesn't serve alcohol.
- Avoid drinking in rounds or large groups.
- Set yourself a 'safe' drinks limit and stick to it.

Referral information

If you are concerned about your own levels of drinking or that of someone you know or care for, you should contact County Durham drug and alcohol recovery services:

03000 266 666

www.codurhamdrugalcoholrecovery.co.uk

County Durham
drug and alcohol
recovery
services

Some simple advice

about your drinking to help keep you healthy and safe.

Help us to help you

SHOULD NOT REGULARLY EXCEED

MEN
14
units weekly

WOMEN
14
units weekly

1 PINT OF STRONG LAGER = 3 UNITS

Units



Pint of Regular Beer/Lager/Cider



Alcopop or Can of Lager



Glass of Wine (175ml)



Single Measure of Spirits



Bottle of Wine



For many of us, drinking with friends and family is one of life's pleasures. But for a lot of people, their drinking can lead to longer-term health problems. If you regularly drink more than the recommended daily amount, it can cause health risks that you can't see.

1 in 2 adults in the North East drink above the recommended daily amount. Do you?

Just under half typically consume 5 or more units of alcohol on an average weekend day, and roughly 1 in 6 consume 5 or more units on an average weekday.

ALCOHOL *is not* just a bit of fun...

Men regularly drinking more than 2 pints of strong 5.2% lager a day:

- are over 3 times more likely to get mouth cancer,
- could be 3 times more likely to have a stroke.

Women regularly drinking 2 large glasses of 13% wine or more a day:

- are 2 times as likely to have high blood pressure,
- are 50% more likely to get breast cancer.



The main health consequences of alcohol misuse are liver disease, cancers (liver, oral, oesophageal, gastric, colon, breast), hypertension, stroke, acute

intoxication and deaths from injuries. Additionally there are psychiatric consequences such as depression and self-harm. If you drink when you are pregnant there can also be a negative impact on your unborn baby.

It doesn't just effect you

Alcohol is associated with an increased number of sexual partners, having unprotected sex leading to higher levels of sexually transmitted infections (STIs) and having more sex that is later regretted.

As many as one in three divorce petitions in the UK cite excessive drinking by a partner as a contributory factor.

Alcohol was a contributory factor in approximately 40% of domestic offences in County Durham in 2014/15.

Alcohol can impair the ability to work both in terms of sickness absence and unemployment with costs to you and your employer.

This table tells you if you are at risk from drinking alcohol

Risk	Men and Women	Common Effects
LOW RISK	14 units or fewer per week or up to 3 units per day - with 2 alcohol-free days	<ul style="list-style-type: none"> • Increased relaxation • Reduced risk of heart disease • Sociability
INCREASED RISK	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
HIGH RISK	36 or more units per week	All of the above and... <ul style="list-style-type: none"> • Memory loss • Risk of liver disease • Risk of cancer • Risk of alcohol dependence