

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

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	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
HARMFUL	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

My screening outcome is

- 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.

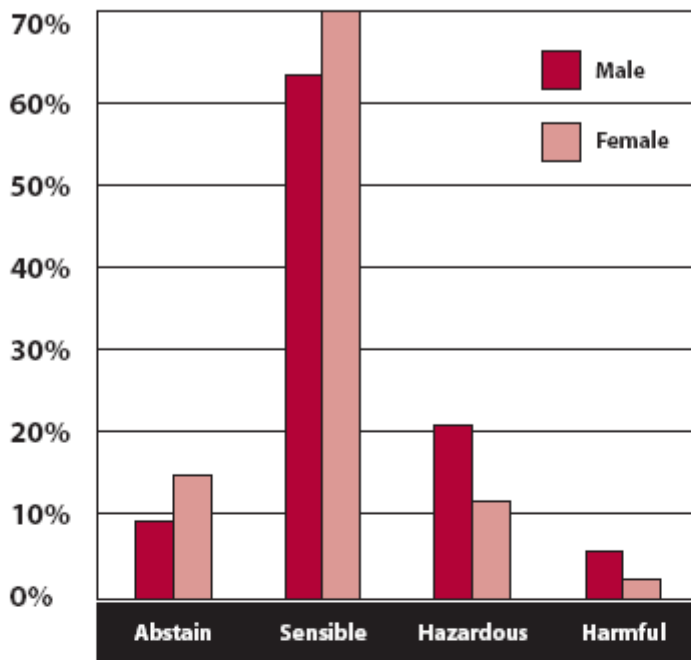
How do you feel?

Your screening score suggests you might be at risk of problems in the future. **What do you think?**

You appear to be drinking at a rate that increases your risk of harm. **What do you think?**

1

What is everyone else like?



Most people are sensible drinkers



2

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



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Making your plan Ways to help you cut down

- 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 / use smaller glasses
- 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?

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My target =

'How to do it'

Men

- 4 or less units daily (2 "dry" days)
- 21 or less units weekly

Women

- 3 or less units daily (2 "dry" days)
- 14 or less units weekly
- No units advised during pregnancy

Dependent Drinkers

Long term aim = abstinence

- Or try to halve your drinking?

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