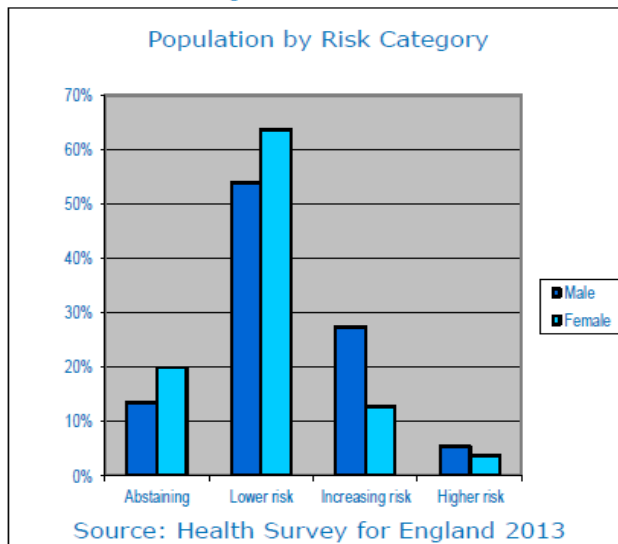


What's everyone else like?



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
- Reduced risk of liver disease
- Reduced risk of brain damage

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 - have your first drink after starting to eat
- Switch to lower 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.**

What's your personal target?



Guys and St Thomas' Alcohol Care Team

Supporting patients and their families who have issues with alcohol

Email us at gst-tr.alcoholcareteam@nhs.net.

ONE YOU

DRINKS TRACKER

Drinking a bit too much can sneak up on you. Public Health England's free drinks tracker app makes it easy to keep an eye on the booze and take control with daily tips and feedback

www.nhs.uk/oneyou/apps

This brief advice is based on the "How Much Is Too Much?" Simple Structured Advice Intervention Tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.

Download this alcohol advice tool from <http://www.alcohollearningcentre.org.uk/Topics/Browse/BriefAdvice/>

This is one unit...

For more detailed information on calculating units see - www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx



Half pint of
"regular"
beer, lager
or cider



Half a small
glass of
wine



1 single
measure of
spirits



1 small glass
of sherry



1 single
measure of
aperitifs

How many
units did
you drink
last week?

...and each of these is more than one unit



A pint of
"regular"
beer, lager
or cider



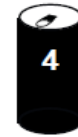
A pint of
"strong" or
"premium"
beer, lager
or cider



Alcopop or a
275ml bottle
of regular
lager



440ml can
of "regular"
lager or
cider



440ml can
of "super
strength"
lager



250ml glass
of wine
(12%)



Bottle of
wine
(12%)

Score	Risk	What this means	Common Effects
1-4 on AUDIT-C* or 1-8 on AUDIT**	Low risk drinking	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"> • Increased relaxation • Sociability • Sensory enjoyment of alcoholic drinks
5-7 on AUDIT-C* or 9-15 on AUDIT**	Increasing risk drinking	Drinking in this way raises your long-term risk of ill health.	Progressively increasing risk of: <ul style="list-style-type: none"> • Low energy • Relationship problems • Depression • Insomnia • Impotence • Injury • High blood pressure • Breast, mouth and throat cancers • Alcohol dependence • Liver disease
8-10 on AUDIT-C* or 16-19 on AUDIT**	Higher risk drinking	Drinking in this way is likely to be affecting your health or wellbeing in some way already.	
11-12 on AUDIT-C* or 20-40 on AUDIT**	Possibly dependent	Your drinking may have become quite problematic and further assessment by an alcohol specialist is advised.	

*Short 3 question AUDIT questionnaire. **Full 10 question AUDIT questionnaire



There is no completely safe level of drinking and drinking even small amounts of alcohol can incur risk in certain circumstances

For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medications.

If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all.

Drinking in pregnancy can harm the baby, with the more you drink the greater the risk.

The risk of harm to the baby is likely to be low if a woman has drunk only small amounts of alcohol before she knew she was pregnant or during pregnancy.

More information is available from One You: www.nhs.uk/oneyou