

## This is one standard drink...



Half pint of regular beer, lager or cider



One small glass of wine



One single measure of spirits



One small glass of sherry



One single measure of aperitifs



## ...and each of these is more than one standard drink.



A pint of regular beer, lager or cider



A pint of premium beer, lager or cider



Alcopop or a can/bottle of regular lager



440ml can of premium lager or strong beer



440ml can of super strength lager



175mm glass of wine



Bottle of wine

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

Risk	Men	Women	Common Effects
<b>LOW RISK</b>	21 units or fewer per week or up to 4 units per day - with two alcohol-free days	14 units or fewer per week or up to 3 units per day - with two alcohol-free days	<ul style="list-style-type: none"> <li>• Increased relaxation</li> <li>• Reduced risk of heart disease</li> <li>• Sociability</li> </ul>
<b>INCREASED RISK</b>	22 - 49 units per week or regular drinking of more than four units per day	15 - 35 units per week or regular drinking of more than three 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> </ul>
<b>HIGH RISK</b>	50 or more units per week	36 or more units per week	<ul style="list-style-type: none"> <li>• All of the above and...</li> <li>• Memory loss</li> <li>• Risk of liver disease</li> <li>• Risk of cancer</li> <li>• Risk of alcohol dependence</li> </ul>

Binge drinking is considered to be drinking twice the daily limit in one sitting (8 units for men, 6 units for women).

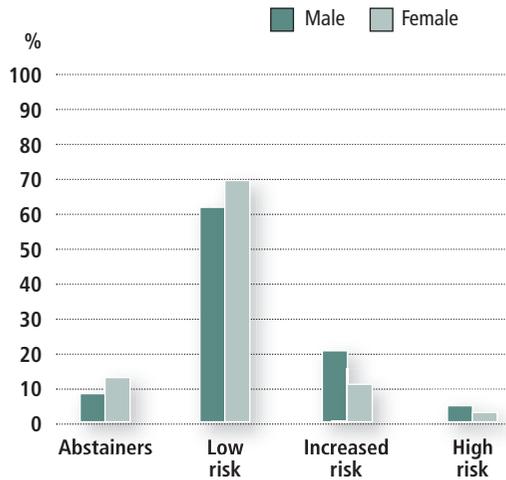
There are times when you will be at risk even after two or three drinks. For example, when exercising, operating heavy machinery, driving or if you are on certain medication.

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 **two** days of the week should be alcohol-free.

**How do you feel?**  
Your screening score suggests you appear to be drinking at a rate that increases your risk of harm and you might be at risk of problems in the future. What do you think?

## What's everyone else like?



## Making your plan

- Plan activities and tasks at those times you usually drink
- When bored or stressed have a workout instead of drinking
- Explore other interests such as cinema, exercise, etc.
- Avoid going to the pub after work
- Have your first drink after starting to eat
- Quench your thirst with non-alcohol drinks before alcohol
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Take smaller sips
- Avoid or limit the time spent with “heavy” drinking friends

## The benefits of cutting down

### Physical

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

### Psychological/Social/Financial

- Improved mood
- Improved relationships
- Reduced risks of drink driving
- Save money

## What targets should you aim for?



### Men

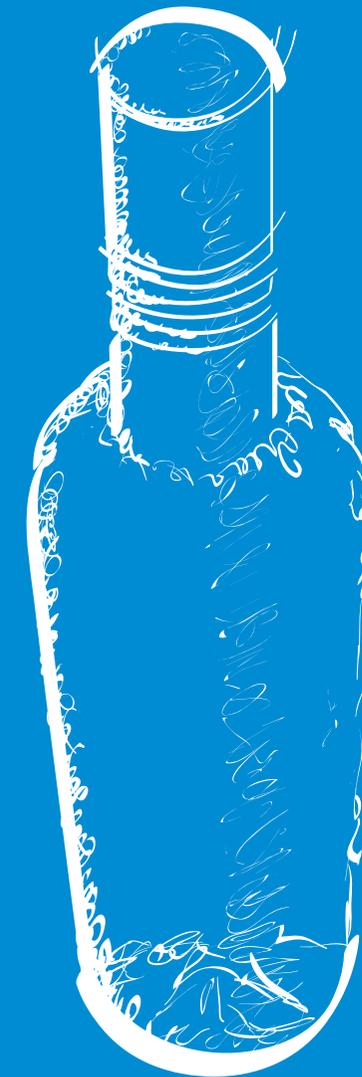
4 or less standard drinks daily  
21 or less standard drinks weekly  
2 alcohol free days a week

### Women

3 or less standard drinks daily  
14 or less standard drinks weekly  
2 alcohol free days a week  
*(No drinks advised during pregnancy)*

### Dependant drinkers

No drinks are safe



## Brief advice about alcohol risk