

Alcohol information

1. There is no safe level of drinking alcohol.
2. Chief Medical Officer recommendations on units are not to drink regularly more than 14 units per week.
3. The body cannot store alcohol; it is treated as poison and detoxifies it in the liver.
4. Each time your liver filters alcohol, some of the liver cells die. The liver can develop new cells but drinking too much can reduce its ability to regenerate.
5. Alcohol related liver disease is common in the UK. The number of people with this condition has been increasing because of increase alcohol consumption in the UK.

Did you know?

- It is recommended that both men and women should avoid regularly drinking more than 14 units each week
- So spread drinking over several days
- Have several days in the week free from alcohol
- If you are pregnant it is advisable to avoid alcohol
- If you are worried about your drinking, please contact the support services mentioned in this leaflet to your GP

What are the benefits of drinking less?

- Improvement in mood
- Improved relationships
- Sleeping better
- More energy
- Weight loss
- Reduced risk of injury



Making a plan

- Have drink free days, when you don't drink at all
- Switch to a lower alcohol wine/beer/lager
- When you drink set a limit and stick to it
- Eat when you drink – have your first drink after starting to eat
- Tell a family member or friend. Let them know the plan to help you stick to it
- When bored or stressed do something physical instead of drinking

Who to contact

Alcohol Care Team Torbay

Alcohol Liaison Nurse
01803 656096

Torbay Support Services

Torbay Healthy Lifestyles Support
0300 456 1000

Torbay Alcohol Service,
Walnut Lodge
01803 604330

Devon Support Services

One Small Step
(Healthy Lifestyles Support)
01392 908139

Devon Alcohol Service, Together
0800 233 5444

Your GP is a reliable source for
information and support

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.



Torbay and South Devon
NHS Foundation Trust

PATIENT INFORMATION

Alcohol Brief Advice

Alcohol Care Team
Torbay Hospital
Loves Bridge
Torquay
TQ2 7AA

01803 656096

www.torbayandsouthdevon.net

**For alcohol dependence
seek medical advice**

Working with you, for you