

PATIENT INFORMATION

Alcohol Brief Advice

Alcohol Information

1. There is no safe level of drinking alcohol.
2. Public Health England recommend not to drink regularly more than 14 units per week.
3. The body cannot store alcohol, it's treated as a 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 alcohol consumption in the UK.
6. Increases the risk of cancers including: breast, bowel, mouth, Food pipe (oesophageal), Upper throat (pharyngeal), voice box (laryngeal) and Liver cancer
7. Heavy drinking increases your blood pressure and cholesterol levels which are major causes of heart attacks and strokes.

What are the benefits of drinking less?

- Brighter mood
- Improved relationships
- Sleeping better
- More energy
- Helps maintain healthy weight
- Better skin
- Happier stomach
- Reduced risk of injury
- Better performance at work
- Stay healthier for longer.
- Save money – the more you drink, the more you spend.

Did you know?

- It is recommended that both men and women should avoid regularly drinking more than 14 units each week.
- If you regularly drink as much as 14 units per week It is best to spread your drinking evenly over 3 or more days.
- If your pregnant it is advisable to avoid alcohol
- Good way to cut down is to have several drink-free days each week.
- There are free apps to help with your drinking, these include “NHS drink free days” and “MyDrinkaware”

Making a plan

- Have at least three alcohol-free days each week.
- Start a drinks diary. This will help you to understand your habits. Write down:
 - How much you have,
 - What you're drinking and who it's with.
 - Set yourself a limit for the week and try to stick to it.
 - Tell a family member or friend. Let them know the plan to help you
 - Don't drink on an empty stomach. Always have something to eat first.
 - Have a non-alcoholic drink, like water or a soft drink, between each alcoholic one.
 - Try switching to lower alcohol drinks, alcohol-free and drink slower.
 - Change your social habits, pick a new hobby to work on, organise to do things that don't involve drinking.
 - If you start having cravings, distract yourself for a few minutes.

Who to contact - Torbay Support Services

Torbay Drug and Alcohol Team 01803 291129

Your Health Torbay 01803 422 422 Yourhealth.torbay@nhs.net

Devon Support Services

Together Drug and Alcohol Service 0800 233 5444

Mutual Aid Groups

SMART recovery www.smartrecovery.org.uk/ 0330 053 6022

Alcoholics Anonymous (AA) www.alcoholics-anonymous.org.uk 0800 917 7650

Your GP is a reliable source of information and support.

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