

## What Damage will too much alcohol do to me?

Examples of possible health problems are:

- Serious liver disease.
- Stomach and pancreas disorders.
- Depression and anxiety.
- Sexual difficulties.
- Muscle and heart muscle disease.
- High blood pressure.
- Damage to nervous tissue.
- Accidents—particularly injury and death from car crashes and fire.
- Some cancers—mouth, liver, colon, breast.
- Obesity—alcohol has many calories!

### **You are at risk of becoming alcohol dependent!**

- You can damage others—families can be torn apart by a heavy drinking member.

- Financial problems are common place to the point where homes are lost.
- Domestic violence becomes more likely.
- Children of heavy drinking parents often suffer from any problems and carry these into adulthood.

### **Tackling the problem of heavy drinking means.....**

Admitting the problem and asking for help from:

Your doctor or practice nurse  
telephone 428081 and make an  
appointment.

Drink line—0800 917 8282

Alcoholics Anonymous  
08457697555



**CUMBERLAND HOUSE**

**PRIMARY HEALTH CARE CENTRE**

# ALCOHOL

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If you would like this leaflet in larger text please ask.

## What are the safe limits of alcohol drinking?

- **MEN**—21 units per week or less.
- **WOMEN**—14 units per week or less.
- **PREGNANT WOMEN** or women trying to conceive—**NO ALCOHOL** is the recommendation.
- In general, the more you drink above these limits, the more harm you may be causing to yourself.
- Binge drinking (10 units more than twice a week) can be equally harmful even though the weekly unit total may be not that high.
- **YOUNG PEOPLE** are at higher risk of damage from alcohol as their liver is unable to cope.

## How much is a unit of alcohol?

**One unit of alcohol is 10mls of pure alcohol.**

### Approximately equal to:

- Half a pint of ordinary strength beer/lager or cider (3-4% alcohol by volume)
- A standard pub measure (50ml) of fortified wine such as sherry or port.

### There are one and a half units of alcohol in:

- One small glass (125ml) of ordinary strength wine (12% alcohol by volume)
- A standard pub measure (35ml) of spirits.
- However, many wines and beers are stronger than ordinary standard strength and therefore you may be drinking many more units of alcohol than you thought. It is important to check alcohol percentages on labels.

## How much is a unit of alcohol?

- **5.5% strength LAGER = 2.5 units per 440ml can.**
- **3.5% strength BEER = 2 units per pint.**
- **6% strength CIDER = 6 units per 1 litre.**
- **9% strength WINE = 6.8 units per 75cl bottle.**
- **13% strength WINE = 13 units per litre bottle.**
- **37.5% strength WHISKEY = 37.5 units per litre bottle.**
- **15% strength FORTIFIED WINE = 11.3 units per 75cl bottle  
0.8 units per 50ml glass**