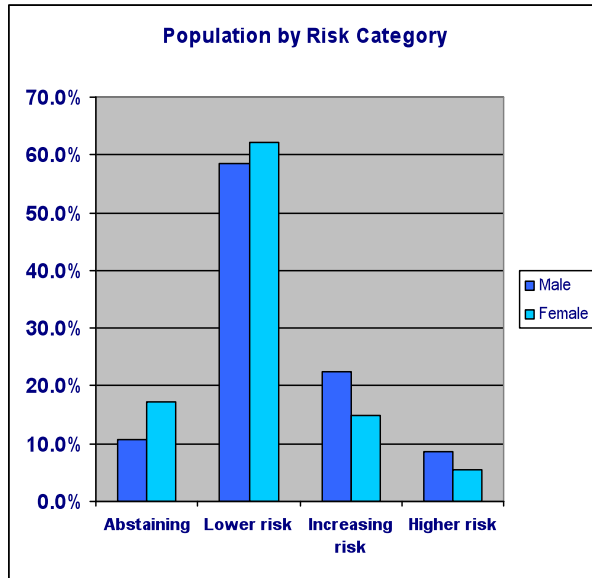


What's everyone else like?

% of Adult Population



Tips for cutting down

- Have an alcohol free-day once or twice a week
- Plan activities and tasks at those times you would 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 you first drink after starting to eat
- Quench your thirst with non-alcohol drinks before and in-between alcoholic drinks
- Avoid drinking in rounds or large groups
- Switch to low alcohol beer / lager
- When you do drink, set yourself a limit and stick to it
- Avoid or limit the time spent with "heavy" drinking friends

Leaflet based on Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.

The benefits of cutting down

Psychological/Social/Financial

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

Physical

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

What targets should you aim for?

Men

Should not regularly drink more than 3–4 units of alcohol a day.

Women

Should not regularly drink more than 2–3 units a day

'Regularly' means drinking every day or most days of the week.

You should also take a break for 48 hours after a heavy session to let your body recover.

Making your plan

1. _____
2. _____
3. _____
4. _____

HARINGEY ALCOHOL BRIEF ADVICE TOOL



Helping you to reduce your drinking

This is one unit...

For more detailed information on calculating units www.units.nhs.uk/unitCalculator.html



Half pint of regular beer, lager or cider (4%)



1 very small glass of wine (9%)



1 single 25ml measure of spirits (40%)



1 small 50ml glass of sherry (17.5-20%)



1 single 50ml measure of aperitifs

How many units did you drink today?

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



A pint of "regular" beer, lager or cider (4%)



A pint of "strong"/ "premium" beer, lager or cider (5%)



Alcopop (5%) or a 275ml bottle of regular lager (4%)



440ml can of "regular" lager or cider (4%)



440ml can of "super strength" lager (9%)



250ml glass of wine (12%)



Bottle of wine (12.5%)

Risk	Men	Women	Common Effects
Lower Risk AUDIT Score 0-7	No more than 3-4 units per day on a regular basis	No more than 2-3 units per day on a regular basis	<ul style="list-style-type: none"> Increased relaxation Sociability Reduced risk of heart disease (for men over 40 and post menopausal women)
Increasing Risk AUDIT Score 8-15	More than 3-4 units per day on a regular basis	More than 2-3 units per day on a regular basis	<i>Progressively increasing risk of:</i> <ul style="list-style-type: none"> Low energy Memory loss Relationship problems Depression Insomnia Impotence Injury Alcohol dependence High blood pressure Liver disease Cancer
Higher Risk AUDIT Score 16-19	More than 8 units per day on a regular basis or more than 50 units per week	More than 6 units per day on a regular basis or more than 35 units per week	

There are times when you will be at risk even after one or two units. For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medication.

If you are pregnant or trying to conceive, it is recommended that you avoid drinking alcohol. But if you do drink, it should be no more than 1-2 units once or twice a week and avoid getting drunk.

Your screening score suggests you are 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?

Want to drink less?

Information, advice and support is available from your GP and from specialist alcohol services.

In the **'Increasing Risk'** group? Your GP or Practice Nurse can offer 5 mins of **Brief Advice** that will help you reduce your drinking.

In the **'Higher Risk'** group? Your GP or Practice Nurse can offer you Extended Brief Advice, lasting 20-30 mins, which will help you reduce or stop drinking.

Phone 0208 800 6999 for further information on accessing this help.

AUDIT score 20+ High risk drinker and may be alcohol dependent. Specialist alcohol workers at **Haringey Advisory Group on Alcohol** can help you tackle this problem. To self-refer, phone 0208 800 6999.