



Northumbria Healthcare
NHS Foundation Trust

building a caring future

HOSPITAL | COMMUNITY | HOME

Alcohol & you

Issued by Northumbria Healthcare



Know your units



3 units

PINT LAGER
ABV 5.2%



3 units

PINT CIDER
ABV 5.3%



2.3 units

PINT BITTER
ABV 4%



2.3 units

WHITE WINE
(175ml) ABV 13%



1.6 units

RED WINE
(125ml) ABV 13%



1.7 units

BOTTLE LAGER
ABV 5.2%



1.4 units

ALCOPOP
ABV 5%



1 unit

SINGLE GIN & TONIC
ABV 40%



1 unit

SAMBUCA SHOT
ABV 42%



2 units

DOUBLE WHISKY
ABV 40%



2 units

CHAMPAGNE
(175ml) ABV 11.5%



2 units

COSMOPOLITAN
ABV 26%



1.3 units

PIMMS
ABV 25%



2 units

DOUBLE COGNAC
ABV 40%



10 units

BOTTLE OF WINE
ABV 13.5%

You can work out how many units there are in any drink by multiplying the total volume of a drink (in ml) by its ABV (measured as a percentage) and dividing the result by 1,000.

- strength (ABV) x volume (ml) ÷ 1,000 = units

For example, to work out the number of units in a pint (568ml) of strong lager (ABV 5.2%):

- 5.2(%) x 568(ml) ÷ 1,000 = 2.95 units

Risk	Men	Women	Common effects
Lower risk	Both men and women should not regularly drink more than 14 units per week spread over three or more days		<ul style="list-style-type: none"> • Increased relaxation • Sociability • Sensory enjoyment of alcoholic drinks
Increasing risk	Regularly drinking 15-50 units per week	Regularly drinking 15-35 units per week	Progressively increasing risk of: <ul style="list-style-type: none"> • Low energy • Relationship problems • Depression • Insomnia • Impotence • Injury • High blood pressure • Alcohol dependence • Liver disease • Breast, mouth and throat cancers
Higher risk	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	

For more detailed information on calculating units visit:
www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx

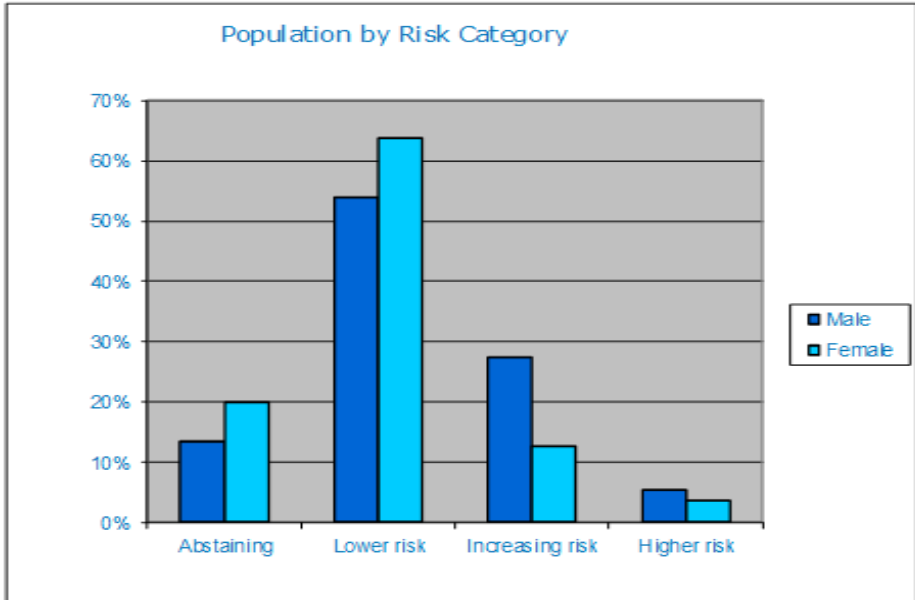
There is no completely safe level of drinking and drinking even small amounts of alcohol can incur risk in certain circumstances. For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medications.

Alcohol and pregnancy don't mix

If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all. Drinking in pregnancy can harm the baby, with the more you drink the greater the risk. The risk of harm to the baby is likely to be low if a woman has drunk only small amounts of alcohol before she knew she was pregnant or during pregnancy.



What's everyone else like?



The potential benefits of cutting down

Psychological/social/financial

- Improved mood
- Improved relationships
- More time for hobbies and interests
- Reduced risks of drink driving
- Save money

Physical

- Sleep better
- More energy
- Lose weight
- 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

Making your plan

- Have several 'drink-free' days, when you don't drink at all
- When you do drink, set yourself a limit and stick to it
- Quench your thirst with non-alcohol drinks before and in-between alcoholic drinks
- Avoid drinking in rounds or in large groups
- Eat when you drink - have your first drink after starting to eat
- Switch to lower alcohol beer/lager
- Avoid going to the pub after work
- Plan activities and tasks at those times you would usually drink
- When bored or stressed do something physical instead of drinking
- Avoid or limit the time spent with "heavy" drinking friends

What targets should you aim for?

There is no completely safe level of drinking, but by sticking within these guidelines, you can lower your risk of harming your health:

- Adults are advised not to regularly drink more than 14 units a week
- If you do drink as much as 14 units in a week, spread this out evenly over 3 or more days.

More information is available from One You:

www.nhs.uk/oneyou

Drinking a bit too much can sneak up on you. Public Health England's free drinks tracker app makes it easy to keep an eye on the booze and take control with daily tips and feedback

www.nhs.uk/oneyou/apps

This brief advice is based on the "How much is too much?" Simple structured advice intervention tool, developed by Newcastle University and the drink less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.

What's your personal target?

Useful contacts

Recovery Partnership

Help, advice and treatment from the specialist alcohol and drug service

Northumberland Recovery Partnership

Tel: 01670 396 303

North Tyneside Recovery Partnership

Tel: 0191 240 8122

ESCAPE Family Support – Northumberland

Supporting families and carers whose lives have been affected by substance misuse

Tel: 07702833944 (24 hour confidential helpline for advice & support)

PROPS Families and Carers – North Tyneside

Supporting whole families and carers of drug and alcohol users

Tel: 0191 2263440

Alcoholics Anonymous

Tel: 0800 9177650 (24 hour, 7 days a week)

Samaritans

Tel: 116 123 (24 hour, 365 days a year)

Crisis Team

Tel: 0303 1231146

Mind mental health support

www.mind.org.uk

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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