

INTERESTING ALCOHOL FACTS:

- You would have to run for 68 mins to burn off a bottle of wine
- Alcohol can impact on your sleep, mood and anxiety levels
- People who are aware of the levels that they drink are less likely to develop dependence

The Alcohol Screening Tool

Ask yourself these questions... Please circle the answer that best applies to you and then add the totals in the end column.

Questions	0	1	2	3	4	Total
MEN: How often do you have EIGHT or more drinks on one occasion? WOMEN: How often do you have SIX or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
In the last year has a relative, friend or a doctor or other health worker been concerned about your drinking or suggested you cut down?	Never		Yes, on one occasion		Yes, on more than one occasion	
See if you like the answer...						TOTAL

0-2

Your consumption of alcohol is low risk for developing alcohol related health problems or social problems, relationship problems, violence, anti-social behaviour etc.

3+

This score increases the likelihood that you might develop health related and/or social problems. You are at risk of experiencing alcohol related harm or may have already done so. The higher your score, the higher the chances are that you are dependent on alcohol.

Tips on cutting down on alcohol

#1 MAKE A PLAN

Watch how much you drink, set a limit and count your units when you have a drink.

#2 SET A BUDGET

Leave your cards at home, that way you can't drink more than your budget allows.

#3 BEWARE OF ROUNDS

Don't be afraid to opt out of a round - this way you can pace yourself.

#4 MAKE IT A SMALLER ONE

Go for smaller sizes, try bottled beer instead of pints or a small glass of wine instead of a large one. Swap for lower ABV in % - You'll find this info on the bottle.

#5 HAVE A GOOD MEAL

Eating a good meal slows down the absorption of alcohol and helps you stay in control.

#6 STAY HYDRATED

Drink a pint of water before you start drinking - don't use alcohol to quench your thirst. Alternate alcoholic drinks with water or soft drinks.

#7 DE-STRESS DIFFERENTLY

Try not to make alcohol key to winding down after work and try some alternative stress-busters like exercise.

#8 TAKE A BREAK

Why not try to add two alcohol free days per week?

Interesting fact

25% of people in the workplace drink heavily enough to be at risk dependence.

What you do with your drinking is up to you.

So what is my next step?

Getting further feedback about your drinking may be a start. Have a look at our screening tool on our website at www.alcoholandyouni.com

Is it time for a change?

Alcohol and you may be just what you need. Providing a range of support including:

- An interactive website / self-help materials you can work on in the privacy of your own home
- Alcohol Clinic to chat with someone to work out what is best for you
- Counselling to help you reach goals you set
- There is also support for family members: (www.alcoholandyouni.com/family-support-service)

Help and Support is just a phone call or click away

To find out how to get a free copy of the Alcohol and You Workbook

Telephone

0800 2545 123



Online

Take it further online.

Free self help tools and resources.

www.alcoholandyouni.com

The Alcohol And You Partnership



LOTTERY FUNDED

HSC South Eastern Health and Social Care Trust



ONI Dacts

For support available outside the South Eastern Trust area see:

www.drugsandalcoholni.info

Where you can view a full directory of support services.



Live Better Live Longer

ANSWERING ONE
QUESTION MAY
JUST CHANGE
YOUR LIFE

ALCOHOL
and you

"Working together to reduce alcohol related harm"

Answer this one question:

When was the last time you had more than   drinks?

If your answer was within the past 3 months this leaflet may be useful for you look at.



Do you know how much is too much?

THERE IS NO COMPLETELY SAFE LIMIT OF DRINKING

This means you **should not drink more than 14 units per week.**



That may sound like a really small amount but these calculations have been worked out by health professionals and experts looking at the impact of alcohol.

Know your weekly limit in units and measures

-  6X 175ml GLASSES OF 13% ABV WINE
-  6X 568ml PINTS OF 4% ABV BEER
-  5X 568ml PINTS OF 4.5% ABV CIDER
-  10X 35ml MEASURES OF 40% ABV SPIRITS

Remember any decrease helps!

How much are you drinking on an average week?

INSERT YOUR UNITS BELOW AND TOTAL UP

SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL

Some interesting facts

A pint of lager contains as many calories as a slice of pizza

You would have to run for roughly 34 minutes to burn off the calories in half a bottle of 13% red wine

Should I be worried?

- Do you drink alone when you feel sad?
- Do you ever regret what you do when you've been drinking — like being aggressive?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did when you were drinking?
- Do you get bad headaches or hangovers?

Anatomy of a hangover.

Why do we feel so bad when we drink too much?

If you drink too much you run the risk of the dreaded hangover. There are four reasons for this.

The way the liver deals with alcohol (Acetaldehyde)

Acetaldehyde, what alcohol is broken down into and is more toxic than the alcohol. The miserable effects of acetaldehyde are headaches, nausea and vomiting. It takes women longer to break down acetaldehyde and their hangovers can be a bit worse.

Dehydration

Drinking reduces Vasopressin, a hormone from your pituitary gland that prevents your body losing water in urine.

When you drink, your vasopressin levels drop and you pee more. You can lose up to 4 pints of water for every pint of beer you drink. That is why you have a dry mouth, headache (your brain shrinks and pulls on the membrane) fatigue and nausea. When you lose water vital electrolytes go with it like sodium, potassium and magnesium which leave you feeling weak and sick.

The colour of your drink

Congeners are toxic by-products of fermentation. Darker drinks have more congeners like red wine, whiskey. They will make you feel rough.

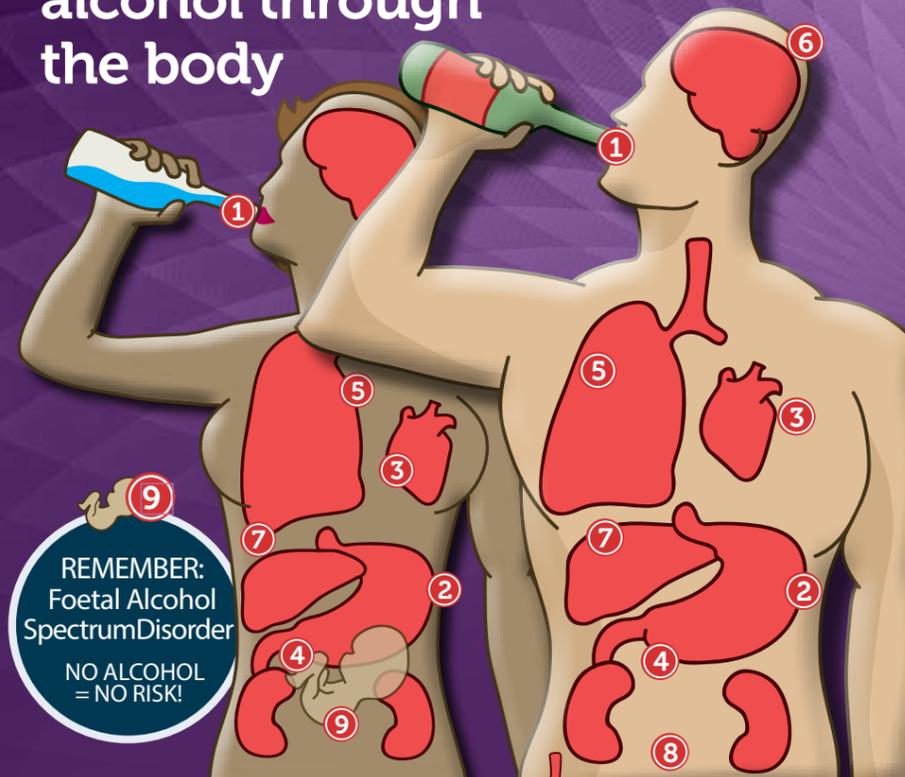
Chemical Change (Glutamine rebound)

Alcohol suppresses a chemical stimulant called glutamine. When you stop drinking your brain produces more glutamine which prevents you from falling into a deep sleep and can cause tremors, anxiety and restlessness.



Do any of these affect you?
What would you like to avoid?

Journey of alcohol through the body



REMEMBER: Foetal Alcohol Spectrum Disorder
NO ALCOHOL = NO RISK!

- 1 MOUTH:** Heavy drinkers increase their chances of developing mouth, oesophagus or throat cancer
- 2 STOMACH:** Stomach lining irritation can lead to ulcers, increased gastric juice flow causing malnutrition
- 3 CIRCULATORY SYSTEM:** Alcohol causes blood vessels to widen resulting in a decrease in blood pressure.
- 4 KIDNEYS:** Increased urine production - excessive urination leads to thirst and dehydration
- 5 LUNGS:** Alcohol increases the risk of aspiration - the entrance of foreign material into the lungs
- 6 BRAIN:** Alcohol immediately starts affecting the brain's ability to control behaviour and bodily functions
- 7 LIVER:** Regular use can lead to liver tissue scarring, liver function and with excessive use can lead to cirrhosis of the liver.
- 8 REPRODUCTION:** Impotence (drinkers droop) Alcohol is toxic to the testes which harms sperm development