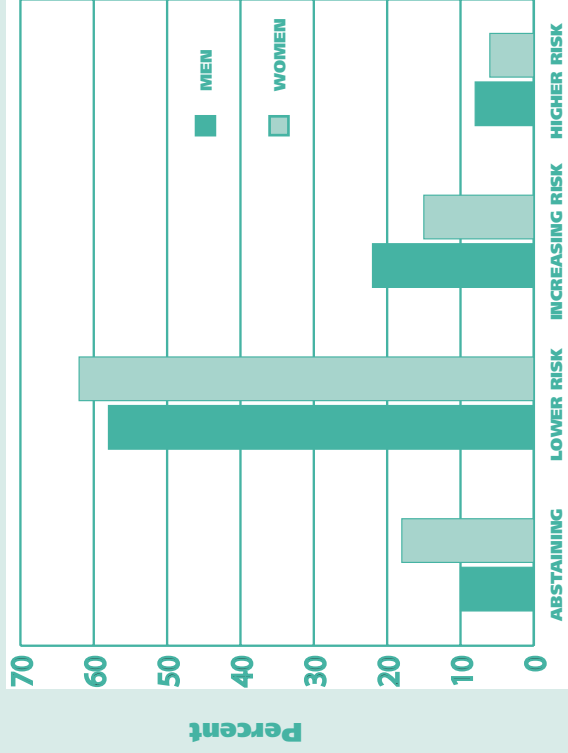


Brief advice about alcohol risk

Risk Level	Men	Women	Common effects
Lower Risk Self-Test 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 Self-Test Score 8-15	More than 3-4 units per day on a regular basis (less than 50 units a week)	More than 2-3 units per day on a regular basis (less than 35 units a week)	<ul style="list-style-type: none"> Depression, anxiety, sleep problems Weight gain, low energy High blood pressure, liver damage Cancer - mouth, throat, breast, bowel Risks of binge drinking - injury, falls, unsafe sex, regretted sex, becoming a victim of crime Impact on relationships, wider family and parenting ability
Higher Risk Self-Test 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	Higher risk of all the above and..... <ul style="list-style-type: none"> Cirrhosis of the liver Heart disease Stroke Pancreatitis Alcohol related brain damage Risk of alcohol dependence - can be both psychological and physical Physical withdrawal symptoms can include shaking, sweating, dry heaving, wrenching, acute anxiety, hallucinations, seizures (fits)
Possible dependence Self-Test Score 20-40			There will be times when it will be safer to avoid alcohol completely. For example: being in sole charge of children, if driving, or when taking certain medicines. In pregnancy, no alcohol = no risk of harm to the unborn baby. Drinking during pregnancy increases the risk of miscarriage, low birth weight and Fetal Alcohol Spectrum Disorder. Drinking more than double your daily limit in one sitting (8 units for men, 6 units for women) increases the risks associated with binge drinking. How do you feel? Your self-test score suggests you are drinking at a level that increases your risk of harm and you might be at risk of problems in the future. What do you think?

What's everyone else like?

Population by Risk Level



Practical Ideas to drink less

Try keeping a drink diary (or online my.drinkaware.co.uk)

When bored or stressed try doing some exercise instead of drinking

Avoid going to the pub after work or drinking as soon as you get home

Eat before drinking alcohol as feeling full often slows down your drinking

When you do drink, set yourself a limit and stick to it

If you are thirsty, have an alcohol-free drink first and in-between alcoholic drinks

Switch to a lower strength or smaller measures

Let friends or family know you are trying to drink less

Don't hesitate to get extra support along the way to help you keep on track

Benefits of drinking less

Less hangovers

Lose weight, more energy, better physical shape

Improve mood, sleep better, less anxiety

Improve relationships

Improve health and well-being of children and wider family

Save money

Reduce risk of accidents, injury, falls

Better sexual health

Improve memory

Medicines work better, side-effects reduce

Reduce risk of long-term health problems

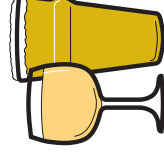
What targets should you aim for?

Men - not to regularly drink more than 3-4 units of alcohol a day.

Women - not to regularly drink more than 2-3 units a day.

'Regularly' means drinking every day or most days of the week. If you do drink more than double your daily limit in one session, avoid alcohol for 48 hours to let your body recover.

What is your personal goal?



If you feel unwell when trying to cut down or stop drinking, you should get specialist advice from Manchester Community Alcohol Team. They will be able to discuss your options and goals, and whether you need support with a "planned withdrawal" from alcohol. Web: www.manchestercat.org