

Alcohol and It's effects

A few
questions
to test our
current
knowledge

Question 1

What is the current
recommended safe weekly
alcohol intake for a healthy male?

- 21 units
- 30 units
- 14 units

Holiday drinks

Question 2

I share a 13% bottle of wine with my partner 3 consecutive days with our meals.

Day 4 my work had a zoom social where I drank 2 cans of 5% lager and a full bottle of 13% wine.

Day 5 I met up with friends for a social and I drank 4 pints 5% lager and a large glass of wine

Day 6 I didn't have anything to drink

Day 7 I drank half a bottle of 13% wine while cooking, and then had 2 cans of lager 5% 500ml

How many units did I drink during this week?

Question 3

Which would have the greatest alcohol volume?

- 70cl Vodka 37.5%
- 12 x 500ml cans 5% lager



70cl





ANSWERS

ANSWERS

Question 1

Recommended alcohol limits for men and women

14 units of alcohol a week, which is:



6 pints of beer (4% strength) **OR**



7 glasses of wine (11.5% strength, 175ml) **OR**



14 single shots of spirits (40% strength)

Source: Chief Medical Officers

BBC

55 Units

Question 2

I share a 13% bottle of wine with my partner 3 consecutive days with our meals.

Day 4 my work had a zoom social where I drank 2 cans of 5% lager and a full bottle of 13% wine.

Day 5 I met up with friends for a social and I drank 4 pints 5% lager and a large glass of wine

Day 6 I didn't have a drink (I'm being good)

Day 7 I drink half a bottle of 13% wine while cooking (its Christmas), and then have 2 cans of lager 5% 500ml

How many units did I drink during this week? $5 \times 3, 5 + 10, 5+5, 15$
= 55 units approx

Question 3

Which would have the greatest alcohol volume?

- 70cl Vodka 37.5%
=26.3 units
- 12 500ml cans 5% lager
= 30 units



70cl





AUDIT

Alcohol Use Disorders Identification Test



Are you drinking above lower risk guidelines?

Risk Level	Men	Women	Common Effects
LOWER RISK	14 units or fewer per week spread evenly across 3 days or more		<ul style="list-style-type: none">• Increased relaxation• Sociability
INCREASING RISK	15-49 units per week	15-34 units per week	<ul style="list-style-type: none">• Less energy• Depression/ stress• Insomnia• Impotence• High blood pressure• Memory loss• Increased risk of liver disease and cancer
HIGHER RISK	More than 50 units per week (or more than 8 units per day)	More than 35 units per week (or more than 6 units per day)	

* Women who are pregnant or planning pregnancy are advised to avoid alcohol completely

If every week
looked like this.

What would we
suggest??

Question 2

I share a 13% bottle of wine with my partner 3 consecutive days with our meals.

Day 4. My work had a zoom social where I drank 2 cans of 5% lager and a full bottle of 13% wine.

Day 5. I met up with friends for a social and I drank 4 pints 5% lager and a large glass of wine

Day 6. I didn't have a drink

Day 7. I drank half a bottle of 13% wine while cooking, and then had 2 cans of lager 5% 500ml

How many units did I drink during this week? $5 \times 3, 5 + 10, 5+5, 15 = 55$ units approx



At what point is it not
OK to just stop
drinking?

	Type of drink	Time of day	How much	Who with	Units	Cost
Monday	Lager 5%	4.00 6.00 10.00	1 can 500ml 1 can 500ml 4 cans 500ml = 6 cans	Alone Alone With my mate John	2.5 2.5 10 Total – 15 units	£8
Tuesday	Lager 4%	4.00 6.00 10.00	1 can 500ml 1 can 500ml 4 cans 500ml = 6 cans	Alone Alone With my mate John	2 2 8 Total - 12	£6
Wednesday	Lager 9%	4.00 6.00 10.00	1 can 500ml 1 can 500ml 4 cans 500ml = 6 cans	Alone Alone With my mate John	4.5 4.5 18 Total – 27 units	£8
Thursday						
Friday						
Saturday						
Sunday						
TOTALS					5% = 105 4% = 84 9% = 189	

	Type of drink	Time of day	How much	Who with	Units	Cost
Monday	Wine 11% reduced from 13%	With meal	Half 750ml bottle	With partner	4 units Reduced from 5 units	
Tuesday	Wine 11% reduced from 13%	With meal	Half 750ml bottle	With partner	4 units Reduced from 5 units	
Wednesday	Wine 11% reduced from 13%	With meal	Half 750ml bottle	With partner	4 units Reduced from 5 units	
Thursday	Wine 11% Lager 4%	Cooking Watching telly	Half 750ml bottle 2 x 500ml cans	With partner	4 units 4 units Total = 8 units	
Friday	Lager 4% Wine 11%	Evening	4 pints Large glass	With friends	9 units 2.5 units 11.5 units	
Saturday	Didn't have a drink					
Sunday	Lager 4% reduced from 5% Wine 11% reduced from 13%	Zoom social	2 x 500ml cans 750ml bottle of wine	Online	4 reduced from 5 units 8 reduced from 10 units 12 units	
TOTALS					<u>43.5 units Reduced from 55 units</u>	

Short term Consequences of Excessive Alcohol

Slurred speech

Poor vision

Fluctuating emotions

Vomiting

Passing out

Alcohol poisoning

Alcohol induced psychosis

Long term Consequences of excessive Alcohol

Depression

Liver damage

Cancer

Immune system problems

High blood pressure

Nerve damage

Permanent brain damage

Where Can I Get Help

NEW DIRECTIONS

SPOC NUMBER 01274 296023

ALCOHOLICS ANONYMOUS

SMART RECOVERY

TALK TO YOUR GP

DEVELOP A SUPPORT NETWORK

Prescribing options

Thiamine (Vitamin B1)

Acamprosate

Naltrexone

Disulfiram

Detoxification

Harm Reduction



THIAMINE (VITAMIN B1)



NUTRITION



REDUCTION

COMMENTS or
Questions

