## 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:





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



14 single shots of spirits (40% strength)

Source: Chief Medical Officers



## 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 x 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** 





70 cl

# AUDIT

Alcohol Use Disorders Identification Test

### Are you drinking above lower risk guidelines?

Risk Level	Men	Women	Common Effects	
LOWER RISK	spread evenly a	wer per week ecross 3 days or ore	Increased relaxation     Sociability	
INCREASING RISK	15-49 units per week	15-34 units per week	Less energy     Depression/ stress     Insomnia	
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)	Impotence     High blood pressure     Memory loss     Increased risk of liver disease and cancer	

<sup>\*</sup> 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	<b>4 units</b> Reduced from 5 units	
Wednesday	Wine 11% reduced from 13%	With meal	Half 750ml bottle	With partner	<b>4 units</b> 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	

43.5 units Reduced from 55 units

# 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

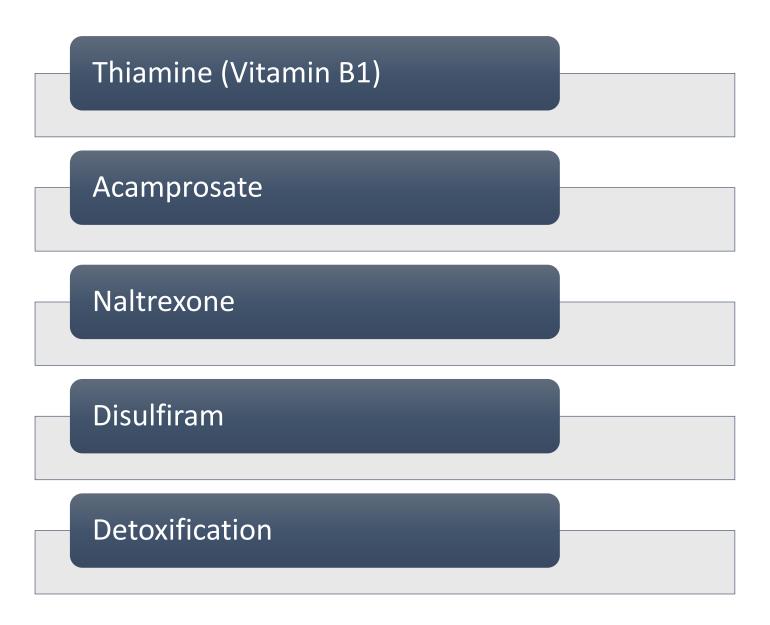
**ALCOHOLICS ANONYMOUS** 

**SMART RECOVERY** 

TALK TO YOUR GP

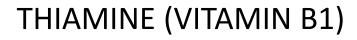
**DEVELOP A SUPPORT NETWORK** 

# Prescribing options



### Harm Reduction







**NUTRITION** 



**REDUCTION** 

COMMENTS or Questions

