

Is drinking putting the health of your patient or client at risk?

More than 1 in 4 adults are currently drinking above lower risk limits.



PINT CIDER: ABV 5.3%
3 UNITS



RED WINE (125ML): ABV 12.5%
1.6 UNITS



SAMBUCA SHOT: ABV 42%
1 UNIT



BOTTLE LAGER: ABV 5.2%
1.7 UNITS



BOTTLE OF WINE: ABV 13.5%
10 UNITS



ALCOPOP: ABV 5%
1.4 UNITS



HALF PINT CIDER: ABV 5.5%
1.5 UNITS



SINGLE GIN & TONIC: ABV 40%
1 UNIT



DOUBLE COGNAC: ABV 40%
2 UNITS



PINT BITTER: ABV 5%
2.8 UNITS



CHAMPAGNE (175ML): ABV 11.5%
2 UNITS



DOUBLE WHISKY & COKE: ABV 40%
2 UNITS



HALF PINT LAGER: ABV 5.2%
1.5 UNITS



COSMOPOLITAN COCKTAIL
2 UNITS



WHITE WINE (175ML): ABV 13%
2.3 UNITS



PIMMS: ABV 25%
1.3 UNITS



PINT LAGER: ABV 5.2%
3 UNITS



DOUBLE WHISKY: ABV 40%
2 UNITS

Recommended alcohol limits

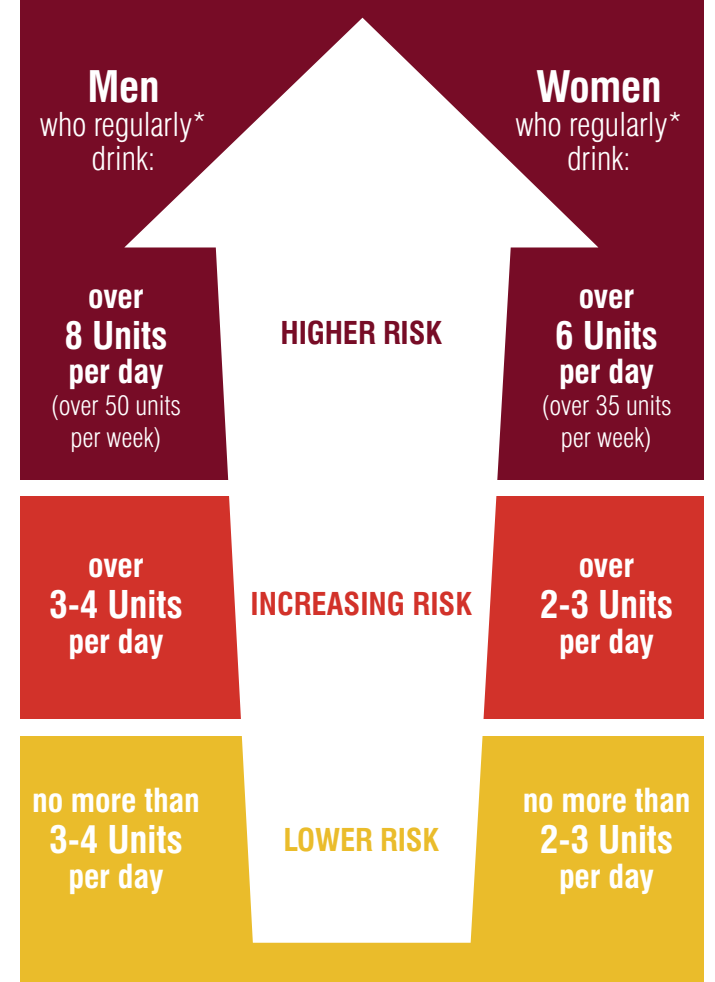
- Women should not regularly* drink more than 2-3 units a day
- Men should not regularly* drink more than 3-4 units a day
- Pregnant women or women trying to conceive should avoid drinking alcohol. If they do choose to drink, to protect the baby they should not drink more than 1-2 units of alcohol once or twice a week and should not get drunk
- Anyone who has drunk heavily in one session should then go without alcohol for 48 hours, to give their liver and other body tissues time to recover

Impact on health

It may be worth discussing levels of alcohol consumption and possible impact on health. Alcohol may be a factor in the following conditions/complaints:

- mental health problems
- gastrointestinal problems
- obesity
- liver complaints
- diabetes
- high blood pressure
- stroke
- coronary heart disease
- pancreatitis
- kidney problems

Alcohol health risks – how much is too much?



*'Regularly' here means every day or most days of the week (not just drinking at these levels once a week)