

Know your spirits this Christmas

Be careful not to overdo it this Christmas. Some drinks may contain more units of alcohol than you realise.

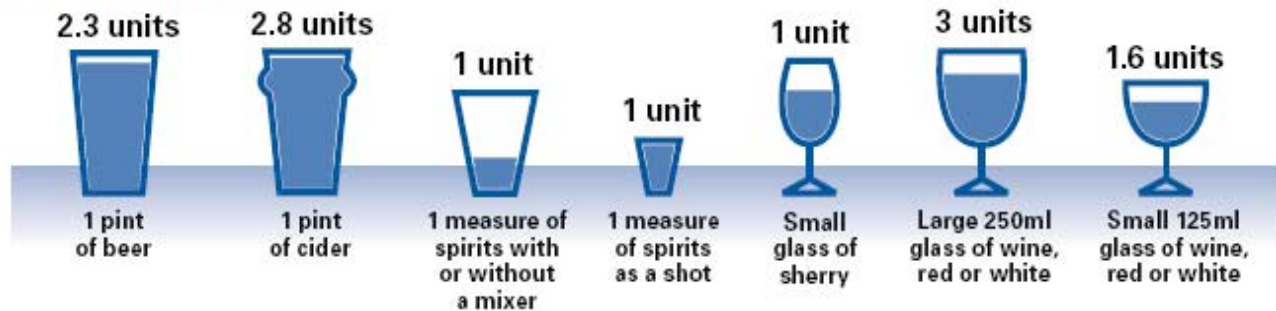
What is hazardous drinking?

Type of drinking	Daily drinking guidelines in units
Sensible (lower risk)	Men who drink fewer than 3-4 units a day and women who drink fewer than 2-3 units a day
Hazardous (increasing risk)	Men who drink 3-4 units and more a day, women who drink more than 2-3 units a day
Harmful (higher risk)	Men who drink more than 50 units a week or eight units per day. Women who drink more than 35 units per week or six units a day

Is hazardous drinking really harmful to my health?

Yes - drinking at hazardous levels can lead to liver problems, depression, reduced fertility, high blood pressure and an increased risk of some cancers as well as contributing to weight gain and obesity.

So what exactly is a unit?



i Further help, information and advice

There are many sources of help including - National Drinkline: 0800 917 8282, Surrey Drug Care 24/7 anonymous helpline (drugs and alcohol) 01483 300 112 and NHS website: www.units.nhs.uk. You can also calculate and keep track of your units at www.drinkcheck.nhs.uk