Why should I cut down?

I might avoid the big disasters such as sexual assault, unwanted pregnancy police record, accidents and injuries (to me or by me) but also I might:

- Lose weight and feel fitter
- Have an improved mood and more energy
- Save money (how much would that be for you?)
- Sleep better
- Skip the hangover
- Hang on to brain cells and my dignity!
- Get less grief from family and friends who may be worried
- Avoid accidents, injuries, fights and STIs
- Stop having memory blackouts
- Be more attractive to hang out with
- Be in control
- Stop feeling guilty
- Be more reliable (appointments/work etc)

And in the long term prevent future health problems.

Up for changing things a bit? What steps could I take?

Where to go for help:

Your GP surgery or public health nurse at your school or college.

Useful websites:

www.units.nhs.uk/ www.drinkaware.co.uk/ www.knowyourlimits.info

How much is too much?

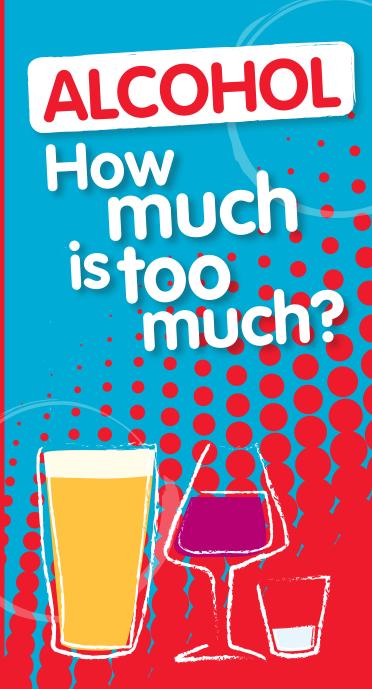


Aim to have two/three alcohol free days per week

Be in control of your health and well-being.

Designed and produced by Dr Dave Tomson North Tyneside PCT and Claire Butler NHS Kirklees





Three ways to assess your risk This is what you say you are drinking Average number of

binges per week
A binge is drinking
more than 6 (for a woman) or 8 (for a man)
units per day.

2. Average daily consumption

units per day

Total weekly consumption divided by 7.

3. AUDIT score

This is your risk level

Lower risk

Increasing risk

How do you feel about this?

Higher risk

The risks from regularly drinking over recommended daily limits are a little different from the risks from occasional binge – but the more often you have binges the more likely you will be to increase your regular drinking risks.

Binge drinking/getting drunk Why does it matter to me?

Drinking too much in **ONE** session – you've got a lot to lose

You are more likely to:

- suffer from bad moods, get into arguments or even fights
- hurt yourself physically (5 times more likely to be involved in an accident)
- be involved in sex you or they regret (the next day, or in nine months time!)
- be involved in sexual assault (mostly it is people you know that carry out sexual assault, not strangers)
- catch a sexually transmitted infection, eg chlamydia
- lose your self respect and dignity
- lose your judgement
- lose/ruin your possessions that new outfit, the mobile phone, your money, handbag
- end up in casualty or police cell
- lose thousands of your precious, irreplaceable brain cells
- feel like crap the next day

Having a great night out, and feeling good about it the next day

You might find these things help...

- Eat before you go out, or eat during the evening
- Drink water regularly rehydration will help prevent a hangover the next morning
- Use soft drinks to pace yourself a tonic looks just like vodka
- Remember, alcohol will do nothing for your looks - you're drop dead gorgeous until you drop down drunk
- Don't accept drinks from strangers, never leave your drink unattended
- Carry a condom, if you plan to possibly do more than kiss.
- Don't tank up before you go out.
- Don't take your credit/debit card/as much money out with you
- Start drinking later

Regularly drinking too much – what can I expect? (NB Regularly = all or most days of the week)

drinking level	AUDIT score	young men	young women	cor	nmon effects if this is how you usu	ally drink over a few months or m	ore
Lower risk	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	• re	elaxed	• sociable	• feeling good, having a laugh!
Increasing risk	8-15	More than 3-4 units per day on a regular basis	More than 2-3 units per day on a regular basis	The Lisk	 more you drink above lower risk depression and increased stress insomnia and less energy sexual difficulties 	level, the greater the risk of: • all those calories make you fat • relationship difficulties, work problems and family problems	 dangerous with street drugs and mucks up prescription drugs judgement affected, getting into risky situations
Higher risk		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		 skin looks rubbish gut problems and poor diet memory loss, blackouts 	 alcohol dependence breast cancer in women and other cancers in everyone	liver diseasehigh blood pressure/heart attack/ stroke