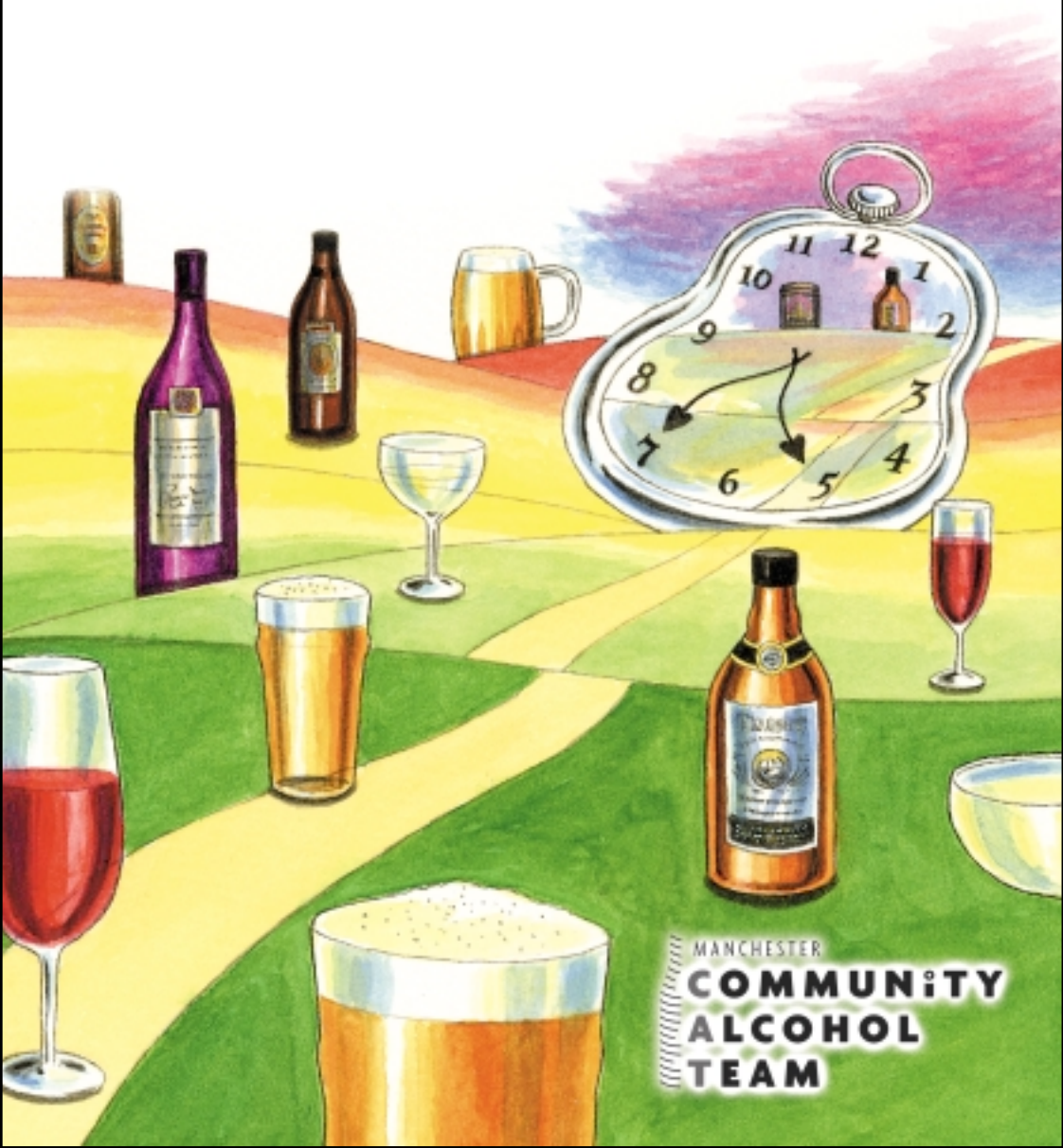


# Alcohol *time to check?*



MANCHESTER  
**COMMUNITY  
ALCOHOL  
TEAM**

# Do you drink?

If **"No"**, are you concerned about someone else's drinking? If so, please go to the back page.

If **"Yes"**, please continue...

**Q:** Not many people know that 1 drink isn't always 1 unit. How about you?



Drink	Bottle Alcopop	Pint Mild Beer	Can Premium Lager	Pint Regular Lager	Pint Cider	Double Vodka	Pint Premium Lager
% abv	5%	3%	5.2%	4%	4.5%	40%	5.2%
Size	275ml	568ml	440ml	568ml	568ml	70ml	568ml
Units	1.4	1.7	2.3	2.3	2.6	2.8	3
Kcals	264	136	189	187	239	144	244

**A:**



Drink	Large Glass Wine	Can Strong Lager	Bottle Wine	Bottle Wine	Bottle Cider	Bottle Spirits	Bottle Spirits
% abv	14%	9%	12%	14%	7.5%	40%	40%
Size	250ml	500ml	750ml	750ml	3litre	700ml	1litre
Units	3.5	4.5	9	10.5	22.5	28	40
Kcals	196	364	498	588	1260	1568	2240

**Q:** 7 out of 10 people have heard of **Daily Drinking Guidelines**. How about you?

Daily Drinking Guidelines

Binge Drinking



Women  
2-3 units



Men  
3-4 units



Women  
6 units +



Men  
8 units +

*In pregnancy, no alcohol = no risk of alcohol-related harm to your baby*

**A:**

Because alcohol can affect your health, and can interfere with certain medicines and treatments, it is important that we ask some questions about your use of alcohol.



**MEN:**

When was the last time you had **more than 8 units** in one day?

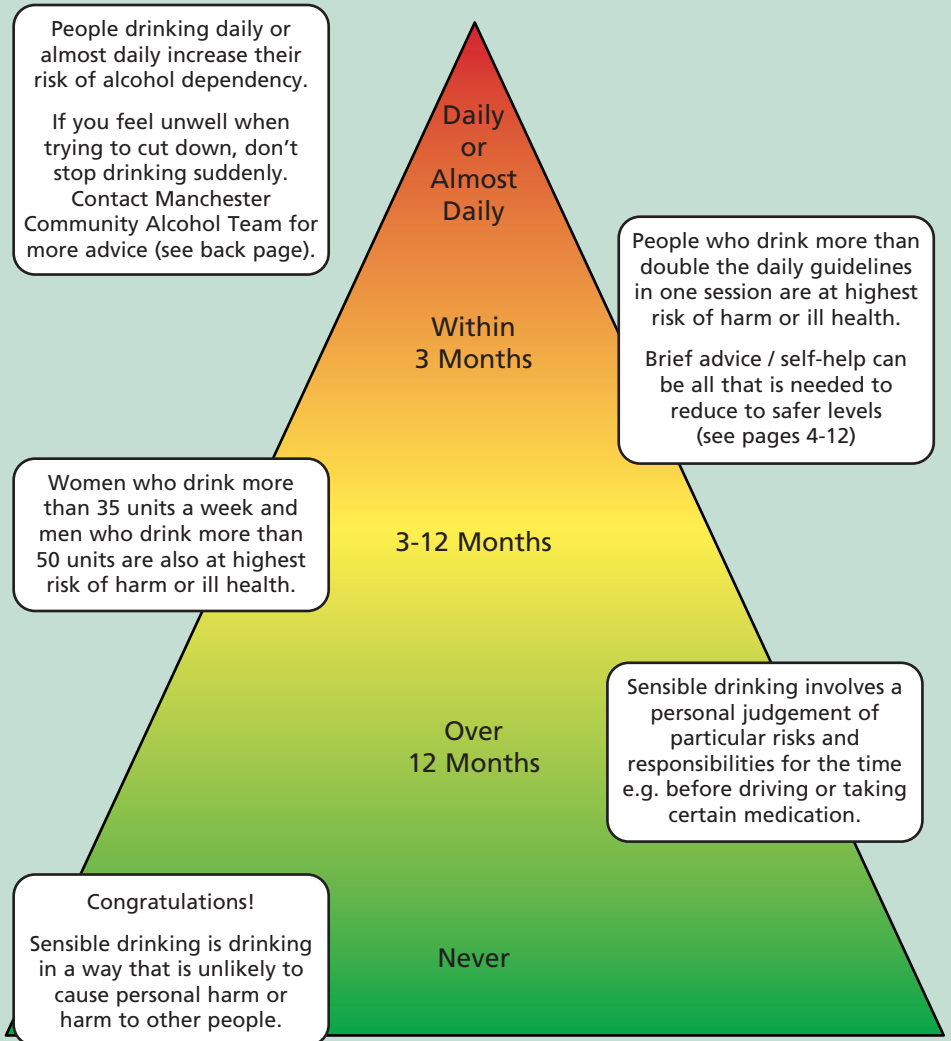
Q:



**WOMEN:**

When was the last time you had **more than 6 units** in one day?

A:



# Exploring change...

Q:

How important is it to you personally to change your drinking right now? If **0** was 'not important' and **10** was 'very important', what number would you give yourself?

Why have you given yourself a \_\_\_ and not a "0"?


A:

Not so good things about my drinking 	Good things about my drinking 

Q:

What would it take to move you one step higher?

A:

Things to move me up 



If you would like some feedback in relation to your health and well-being, please see pages 6-9...

Q:

If you decided right now to make some changes, how confident do you feel about succeeding with this? If **0** was 'not confident' and **10** was 'very confident', what number would you give yourself?

A:


Why have you given yourself a \_\_\_ and not a "0"?

Good things about change 	Not so good things about change 

Q:

What personal strengths do you have that could help you succeed?

A:

Personal strengths 

Q:

Who could you rely on for support or to help with this change?

A:

Help & support from... 

There is usually more than one possible course of action. You will be the best judge of what works for you.

*For more ideas, please see pages 10-12...*

# Alcohol reaches the parts

Mouth and throat cancers, risk of tooth decay

Alcohol dependency syndrome – e.g. withdrawal anxiety, insomnia, shakes, sweats, fits, hallucinations, cravings

Alcohol poisoning and choking

Stomach complaints, pancreatitis, Type II diabetes, liver damage, liver cancer

Irritable bowel, bowel cancer

Vulnerability – e.g. blackouts, injuries, assaults, accidents, unwanted pregnancies, falls in later life





Anxiety, depression, mood swings, insomnia,  
self-harm, suicide, dementia

High blood pressure, heart disease, strokes

Breast cancer

Impotence, infertility, harm in pregnancy,  
forgetting to use a condom

Low vitamin B and nerve damage –  
e.g. tingling and numbness in hands and feet

Crime: drink driving / the morning-after,  
starting fights, damaging property,  
urinating / vomiting in public,  
noise nuisance, domestic violence

## Binge drinking

People who drink more than 6 units daily are twice more likely to have high blood pressure. 1 or 2 units a day can be good for the heart but only for men over 40 and post-menopausal women.

85% of people using alcohol services have experienced anxiety, depression or another mental health issue in the past year.

Alcohol sets off more dreams and wakefulness in the second half of the night's sleep. Alcohol may bring on tiredness but with time it disrupts normal sleep patterns.

Every additional unit directly increases a person's risk of mouth cancer and breast cancer. Throat cancers are 100 times more likely if someone drinks and smokes. Risk of bowel cancer is 40% more likely if a person drinks more than 4 units a day. Liver damage (see below) puts people more at risk of liver cancer.

The body burns alcohol before fat. This means that fat doesn't get used as 'fuel' and goes to the back of the queue. Alcohol contains energy in the form of calories which have no nutritional value.

1 in 7 16–24 year olds have unsafe sex after drinking, 1 in 5 have sex they later regretted, and 1 in 10 have been unable to remember whether they had sex the night before.

Almost all regular binge drinkers will develop fatty liver. 20-30% of people continuing develop alcoholic hepatitis which can be fatal. 1 in 10 will be permanently scarred and damaged (cirrhosis). There has been a 90% increase in liver disease over the last 10 years.

Alcohol can interfere with certain medicines in lots of different ways. Some medicines don't work (or don't work as well) when mixed with alcohol. Some medicines make alcohol act more quickly or strongly. Sometimes the mixture with alcohol will make side effects worse.

### WARNING

Damage to the liver can occur without feeling any pain. This is because the liver does not have a large nerve supply. If you have ever had toothache, you might remember how painful it was ^ this is because your teeth have a large nerve supply.

## Drinking less or having time off

High blood pressure can be helped by changing drinking habits. In some cases after one week of reduced alcohol use, people can notice the difference.

After 1-2 weeks off alcohol, we often see symptoms rapidly get better. People with anxiety have reported a week-by-week recovery with time off.

Normal sleep patterns begin to return after three months. For dependent drinkers, they are usually back to normal nine months after detoxification.

Scientists have found that it is never too late to prevent cancer by cutting down. By drinking less alcohol in one day, cancer risk reduces. The European Code Against Cancer advise women to drink no more than 2 units per day and men no more than 3 units per day.

Pace your drinking across the week to help your willpower and your waistline. Lower strength abv % drinks contain less calories. Kcals in alcohol and mixer drinks should be calculated when controlling weight and energy balance.

By having safer sex, you will avoid unwanted pregnancy and STIs such as chlamydia, syphilis, herpes, gonorrhoea, genital warts or HIV. You will have more personal safety by being aware of your natural feelings of caution.

Fatty liver disappears when the person stops drinking (in weeks or months). Alcoholic hepatitis is also reversible by stopping drinking. After binge drinking, allow 48 hours before your next alcoholic drink.

To get more information or to make the most of your medicines, remember you can ask your local pharmacist for advice. Telling your doctor or nurse about any changes to your drinking habits can also help them when they start or renew your prescription.

### LOVE YOUR LIVER

Although the liver can repair itself, it needs looking after! It is the largest organ in the body and has over 1000 different jobs to do. Liver Function Tests (blood tests) from your G.P can show how busy your liver has been working or whether it is recovering.

# Drinks' Diary

It can be helpful to use a "drinks' diary" to get a clearer picture of a typical week.

Day	Start Time	Where	Who With	Feelings Before
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## Tips for responsible drinking

- Plan alternatives to replace the good things about your drinking
- Set daily goals and plan 1-2 alcohol free days every week
- Choose lower strength abv % drinks or pour smaller measures at home
- Avoid caffeinated mixers and pace your drinks
- Spend time with friends or family who will support you
- After drinking more than 6 units (women) or 8 units (men) allow at least 48 hours before your next alcoholic drink

Text CHECK to 80480 for your free and confidential "Drink Smart" pack (standard text message rates apply).

Feelings After	What Did You Drink?	Number of Units	Kcals	Cash Spent

## Help with anxiety and sleep problems

- Share your worries with someone
- Try to spot situations that you find stressful and take steps to tackle it
- Learn how to control your breathing and new ways to relax
- Avoid caffeine during the day and close to bedtime
- Go to bed and get up at a regular time
- After drinking alcohol, parents should not co-sleep with their baby in a bed, chair or sofa as this can be dangerous and even fatal

# Where to go next

- **Manchester Community Alcohol Team** sees anyone thinking about cutting down or giving up drinking. Tel: **0161 223 9641**
- **Eclipse** see young people under 19 who are worried about their alcohol or drug use. Tel: **0161 273 6686**
- **Manchester Specialist Midwifery Service** offers expert advice and support for women who are pregnant or thinking about having a baby. Tel: **0161 226 6669**
- **Brian Hore Unit** offers support for people who are maintaining or working towards long-term abstinence from alcohol. Tel: **0161 217 4166**
- **Alcoholics Anonymous** is a voluntary fellowship of men and women who share their experience, strength, and hope with each other to help solve their common problem. Tel: **0161 236 6569**
- **Drinkline National Helpline** offers 24 hour advice for callers worried about their own or someone else's drinking. Tel: **0800 917 8282**
- **"Down Your Drink"** is a 6 week online self-help course. Visit: **[www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)** OR text **CHECK** to **80480** for your free and confidential "Drink Smart" pack (standard text message rates apply).

## Are you concerned about someone else's drinking?

- It is normal to feel helpless, frustrated, worried and upset by someone's drinking. While you can't control their behaviour or decisions, you can make sure that you take care of yourself. Call the **Manchester Community Alcohol Team** for advice or an appointment – Tel: **0161 223 9641**
- You may be in a caring role for this person and hadn't thought of yourself as a 'carer'. Call the **Manchester Carers Centre** for support, advice and information – Tel: **0161 835 4090**. You are entitled to a Carer's Assessment when you provide regular care to someone who is unable to manage without help. Call the **Manchester Contact Centre** – Tel: **0161 255 8250**.

**DRINKAWARE.CO.UK**

MANCHESTER  
**COMMUNITY  
ALCOHOL  
TEAM**

Manchester **NHS**  
Primary Care Trust