

Health Matters

Assistance Programme

Employee Support Bulletin September 2012

drinkaware.co.uk
for the facts

**ALCOHOL
KNOW YOUR
LIMITS**

SHOULD NOT REGULARLY EXCEED	
MEN	WOMEN
3-4	2-3
UNITS DAILY	UNITS DAILY

Just some of the issues covered...

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents

Alcohol and Sensible Drinking



Recent studies have shown that in the UK about 1 in 3 men, and about 1 in 7 women, drink more than the recognised safe levels for drinking alcohol. Many people who drink heavily are not 'addicted', and are not 'alcoholics'. To stop or reduce alcohol would not be a problem if there was a will to do so. However, for various reasons, many people have got into a habit of drinking regularly and heavily. Drinking heavily is a serious health risk.

If you drink heavily you have an increase risk of developing:

- *Hepatitis (inflammation of the liver)*
- *Cirrhosis (scarring of the liver)*
- *Stomach disorders*
- *Pancreatitis (severe inflammation of the pancreas)*
- *Mental health problems including depression and anxiety*
- *Sexual difficulties such as impotence*
- *Muscle and heart muscle disease*
- *High blood pressure*
- *Damage to nervous tissue*
- *Accidents - drinking alcohol is associated with a much increased risk of accidents. In particular, injury and death from fire and car crashes. About 1 in 7 road deaths are caused by drinking alcohol*
- *Some cancers (mouth, gullet, liver, colon and breast)*
- *Obesity (alcohol has many calories)*
- *Damage to an unborn baby in pregnant women*
- *Alcohol dependence (addiction)*

What are the safe limits of alcohol drinking ?

- *Men - no more than 21 units per week (and no more than 4 units in any one day)*
- *Women - no more than 14 units per week (and no more than 3 units in any one day)*
- *Pregnant Women, and women trying to get pregnant, are advised not to drink at all*

1 unit of alcohol is 10ml (1cl) by volume, or 8g by weight, of pure alcohol. For example, 1 unit of alcohol is about equal to half-a-pint of ordinary strength (4%) beer, lager or cider. A small glass (125ml) of wine of ordinary strength (12%) is about equal to 1 and half units of alcohol, and also the same for a standard pub measure (35ml) of spirits (40% alcohol by volume). Note that many wines and beers are stronger than 'ordinary' standard strength.



You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk