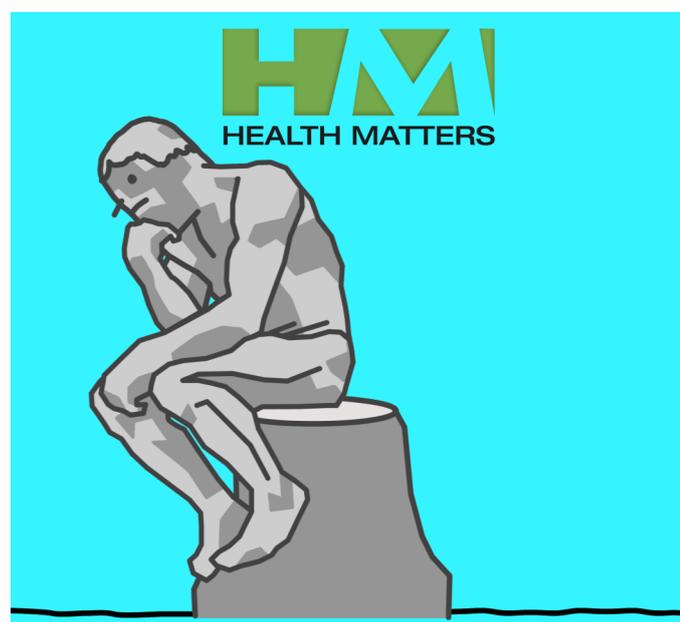


Health Matters Assistance Programme

Employee Support Bulletin August 2013

Alcohol and your health



At the end of the working day, many of us can't wait to unwind with a nice glass of something. The trouble is, the odd glass in the evening can quickly become two or three regular glasses, most evenings.

Regularly drinking more than the NHS limits can lead to serious long-term health problems, including cancers, strokes, kidney disease, liver disease, high blood pressure and heart attacks. Alcohol also contains calories, so it can contribute to you gaining weight.

NHS recommendations

- Men should not regularly drink more than 3 to 4 units of alcohol a day.
- Women should not regularly drink more than 2 to 3 units of alcohol a day.

Alcohol Content

One unit is 10 ml of pure alcohol. It takes the average adult around an hour to process this so that there's none left in their bloodstream, although this varies from person to person. Large wine glasses hold 250ml, which is one third of a bottle. that means there can be nearly three units or more in just one glass. Alcohol content is also expressed as a percentage and you'll see either a percentage, followed by the abbreviation "ABV" (alcohol by volume), or the word "vol". A bottle that says "13 ABV" on its label contains 13% pure alcohol

How many units are in your favourite tipples?

Pint of 4% lager = 2.3 units
Large glass of wine = 3 units
Large shot of spirits = 1.4 units
Bottle of 5% alcopop = 1.4 units

Staying in control

- Try these simple tips to help you cut down.
- **Set a limit** on how much you're going to drink.
- Only **take a fixed amount of money to spend** on alcohol.
- **Tell your friends and family** you're cutting down on alcohol and ask for their support.
- **Cut back a little each day.**
- **Have a smaller bottle** of beer instead of a can or a pint. **A single measure** instead of a double, or **a small glass** of wine instead of a large one.
- Swap strong beers or wines for ones with a **lower strength** (ABV in %).
- **Stay hydrated.** Drink a pint of water before you start drinking.
- **Have the odd day each week** when you don't have an alcoholic drink.

Just some of the issues covered...

- Stress & Anxiety

- Depression
- Feeling SAD

Your HMAP is available to support you 24 hours a day, 365 days a year. A confidential* counselling and information service on hand when you need it.

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www.hmap-hub.co.uk