

What are the benefits of cutting down?

Cutting down on the amount you drink can have many positive impacts on your life.

Physical

- fewer hangovers
- better sleep
- more energy
- lose weight
- improved memory
- better physical shape
- reduced risk of high blood pressure
- reduced risk of injury to yourself and others
- reduced risk of cancer
- reduced risk of liver disease
- look better

Psychological/Social/Financial

- improved mood
- improved relationships with partners and children
- reduced risks of drink driving
- save money
- better work performance

Suggestions for cutting down

- make a drink last longer
- avoid drinking in rounds or large groups
- quench your thirst with non-alcoholic drinks
- avoid after work drinking and have your first drink after food (evening meal)
- plan activities and tasks for times when you would normally drink e.g. exercise
- talk about your plans to cut down drinking
- switch to lower strength beer/lager/wine
- avoid or limit the time spent with “heavy” drinking friends

About Last Orders

Last Orders, part of the Nottingham Recovery Network, offers a variety of confidential treatment options to people living in Nottingham City who want to reduce the amount of alcohol they drink.

We work with GP practices, the wider community and other alcohol services in Nottingham City to ensure people receive the appropriate support.

Contact us

Speak to a member of the Nottingham Recovery Network team about your drinking:

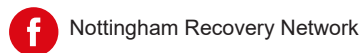
Address: Nottingham Wellbeing Hub, 73 Hounds Gate, Nottingham NG1 6BB

Call: 0800 066 5362 or 0115 970 9590

Visit: www.nottinghamrecoverynetwork.com

Email: info@nottinghamrecoverynetwork.com


Fax: 0115 850 4175










Advice about alcohol


How much do YOU drink?

One unit is:

| | | |
|---|---|---|
|  |  |  |
| Half pint of beer or lager (ABV 3.6%) | Half a small glass of wine (85ml) (ABV 12%) | One 25ml measure of spirits (ABV 40%) |

Each of these are more than one unit

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| A pint of beer, lager or cider (ABV 3.6%) | A pint of beer, lager or cider (ABV 5.2%) | 250ml glass of wine (ABV 12%) | 440ml can of premium lager (ABV 5%) | 440ml can of super strength lager or beer (ABV 9%) | 275ml Alcopop or bottle of regular lager (ABV 5.4%) | Bottle of wine (ABV 12%) |



Unit calculator...

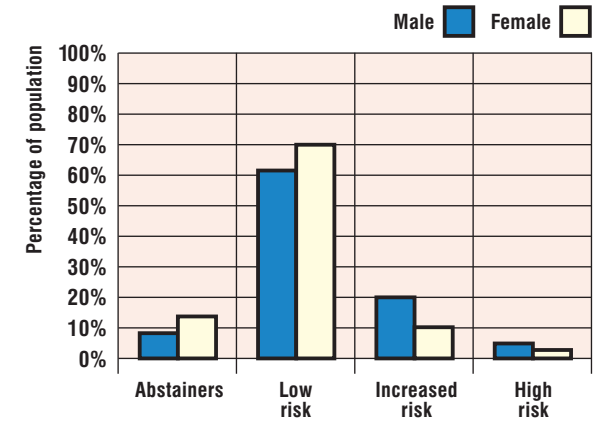
Using the chart below, work out how many units you drink a day.

units

Now use the table below to see which category you fall into.

www.units.nhs.uk

What's everyone else like?



Common effects

Lower risk drinking

- increased relaxation • sociability

Increased risk drinking

- less energy
- lack of sleep
- risk of injury
- decrease in work performance
- reduced social interest
- depression/stress
- impotence
- high blood pressure

Higher risk drinking

All of the above, plus:

- memory loss
- risk of cancer
- family breakdown
- risk of liver disease
- risk of alcohol dependence
- financial loss

Are you at risk from drinking too much alcohol?

Have you added up how many units you drink a day?

| Risk | Men & Women | Advice |
|------------------------|---------------------------------|---|
| Lower Risk | No more than 14 units per week. | Remember, drinking two units may still be too much if you are driving, operating machinery or about to do any active sport. If you are pregnant it is recommended that you abstain from drinking alcohol. |
| Increasing Risk | More than 14 units per week. | Drinking at this level increases the risk of damaging your health. Alcohol affects all parts and systems of the body and it plays a role in more than 60 different medical conditions. |
| Higher Risk | 35 or more units per week. | Drinking at this level you're at an even higher risk of damaging your health. |

