

# Alcohol

## Information for service users



## Easy Read



**A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.**



There is nothing wrong with having a drink, if you drink in a sensible way.

But drinking too much alcohol can make you ill.

This leaflet tells you about:

- What drinks have alcohol in them
- What happens if you drink too much
- Binge drinking

## What drinks have alcohol in them?

These drinks all have alcohol in them:



Beer, lager or cider



Wine



Alco pops



Spirits

Drinks like whisky, vodka, gin and brandy.

People use **units** to say how strong the alcohol is in a drink. The **higher** the number of units the **stronger** the drink. There is a separate chart to show you what this means.

### Did you know...



It can be dangerous to mix alcohol and drugs.

You should ask your doctor if it is safe to drink alcohol with your medication.



Drinking alcohol when you are pregnant could harm your baby.



Drinking a lot can make you put on weight.

## What happens if you drink too much?



When you drink alcohol it can make you feel good at first. As you drink more you will start to lose control.

If you get drunk you might...



Have an argument or a fight.



Fall over and hurt yourself.



Forget what you have done.



Feel sick or be sick.

## Does drinking too much affect my body?

If you drink too much over a long time it can make you very ill.

Alcohol can damage your body in lots of ways.

### Brain

Drinking too much alcohol can make you forget things

### Heart

Alcohol increases your blood pressure. This can make your heart beat faster

### Liver

Alcohol can damage your liver

### Kidneys

Alcohol can make you wee more often. This can dry your body out if you don't drink a lot of water

### Stomach

Alcohol can cause ulcers

### Bowels

Alcohol can give you the runs

### Reproductive system

Alcohol can make it more difficult to have babies.



## Remember



Men should not drink more than 2 or 3 units a day.



Women should not drink more than 2 or 3 units a day.



You should have **2 days** every week when you do not drink alcohol.

## What is binge drinking?



Binge drinking is drinking a lot in a short space of time.



Drinking alcohol quickly means you will get drunk sooner.





For example, drinking **2** large glasses of wine or strong beer **in an hour** will raise your blood alcohol concentration and make you drunk very quickly.



Drinking the same amount over a longer time, like with a meal, will not have the same effect on your blood alcohol concentration.



Remember you do not need to drink alcohol every day to be a binge drinker.

You could be a binge drinker if you regularly drink:-

- To get drunk
- Drink more than the recommended daily guidelines in a single session.
- Quickly
- You find it hard to stop once you have started drinking.



For more information please contact:

Name.....

Telephone number .....

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