

WHICH OF THESE WOULD BE YOUR USUAL DRINK?



Small glass of wine
(125ml, ABV 12%)

1.5 UNITS

No. of drinks
per day: _____



Standard glass of wine
(175ml, ABV 12%)

2.1 UNITS

No. of drinks
per day: _____



Large glass of wine
(250ml, ABV 12%)

3 UNITS

No. of drinks
per day: _____

TOTAL UNITS



**Pint of lower-strength
beer/cider** (ABV 3.6%)

2 UNITS

No. of drinks
per day: _____



**Pint of higher-strength
beer/cider** (ABV 5.2%)

3 UNITS

No. of drinks
per day: _____



Bottle of beer/cider
(330ml, ABV 5%)

1.7 UNITS

No. of drinks
per day: _____

TOTAL UNITS



Can of beer/cider
(440ml, ABV 4.5%)

2 UNITS

No. of drinks
per day: _____



Alcopop
(275ml, ABV 5.5%)

1.5 UNITS

No. of drinks
per day: _____



**Single small shot of
spirits** (35.5ml, ABV 40%)

1.4 UNITS

No. of drinks
per day: _____

TOTAL UNITS

THE FACTS ABOUT ALCOHOL AND YOUR HEALTH

Long term alcohol consumption can result in a **deficiency of vitamin B1** which can lead to the development of

**LONG TERM
BRAIN DAMAGE**^{2,3}

**12% of
PEOPLE**

with alcoholism develop a **severe brain condition**

called **Wernicke's Encephalopathy**, however this figure could be higher as some people are not diagnosed^{4,5}



ALCOHOL causes around

3% of cancer cases in the UK every year - that's around

11,900 cases^{6,7}

There is an increased risk of

**CORONARY
HEART
DISEASE**

for both men and women⁸

MEN who regularly drink more than **3 pints** of cider a day have a **1.7 times** greater risk⁸

WOMEN who regularly drink more than **2 large glasses** of wine a day have a **1.3 times** greater risk⁸

Studies have shown that drinking **ALCOHOL** can affect male and female **fertility**⁹

The relative risk of **BREAST CANCER** increases by about

12%

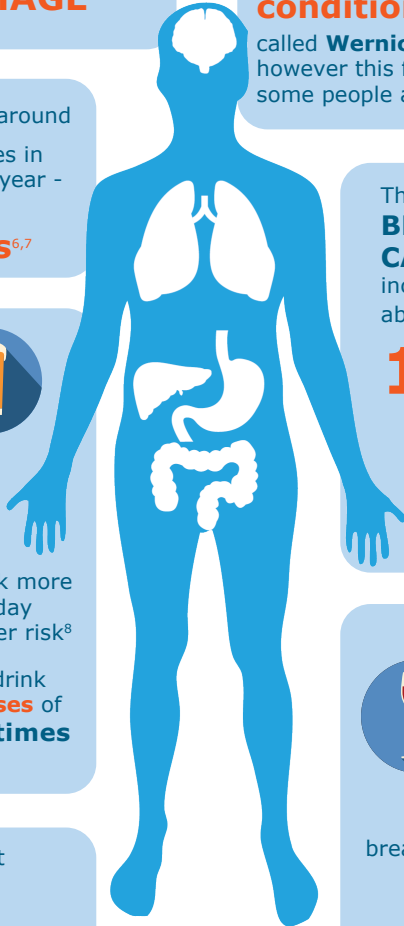
for each **10 grams of alcohol** you typically drink a day, that's about a **single shot of spirit**¹⁰



Drinking **ALCOHOL** can increase your risk of several types of

CANCER,

including liver, bowel, breast, mouth, oesophageal cancer (food pipe) and laryngeal cancer (voice box)⁶



References: 1. www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx. Last accessed October 2019. 2. <http://pubs.niaaa.nih.gov/publications/aa63/aa63.htm> Last accessed October 2019. 3. Thomson AD, Marshall EJ. Alcohol Alcohol 2006; 41: 151-158. 4. Galvin R. et al. Eur J Neurol 2010; 17: 1,408-1,418. 5: Flynn A, et al. Prim Care Companion CNS Disord. 2015; 17(3): 10. 6. Cancer Research UK website, Does alcohol cause cancer? Available at <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/alcohol-and-cancer/does-alcohol-cause-cancer>. Last accessed October 2019. 7. Cancer Research UK website. Cancer Statistics for the UK <https://www.cancerresearchuk.org/health-professional/cancer-statistics-for-the-uk#heading=Zero> Last accessed October 2019. 8. Department of Health (2007) Safe. Sensible. Social. The next steps in the National Alcohol Strategy. 9. <https://www.drinkaware.co.uk/alcohol-facts/health-effects-of-alcohol/fertility-and-pregnancy/is-alcohol-harming-your-fertility/> Last accessed October 2019. 10. Allen et al. 2009 'Moderate intake and cancer incidence in women', Journal of the National Cancer Institute, vol.101 pp.296-305.