



ALCOHOL

Drink Diary

	What I drank <i>(% and volume)</i>	My number <i>(% x vol ÷ 1000)</i>
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Weekly Total		

know
your
numbers



be healthy

be safe

understand alcohol

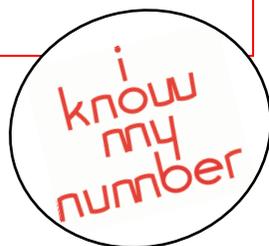


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More information

<http://wessexahsn.org.uk/projects/32/know-your-numbers>



Example Drinks and Units

Wine		12%	Std Glass	175ml	2.1 units
Beer		4%	Pint	568ml	2.3 units
Cider		7%	Litre	1000ml	7 units
Vodka		40%	Bottle	700ml	28 units

Working out your units:

On your bottle/can of alcoholic drink there will be a % ABV (Alcohol By Volume). Take that figure and multiply by the volume in ml. (amount of liquid, written in either ml or cl. 1 cl = 10ml). Then divide by 1000 to get units.

Formula:

$$\%ABV \times \text{volume (ml)}$$

$$\text{Unit(s)} = \frac{\text{---}}{1000}$$

ABV = Alcohol By Volume

Quick Guide:

5%	=	5 units per litre
10%	=	10 units per litre
15%	=	15 units per litre

Alcohol Harm Information

Risk Level	Men	Women
Lower Risk	Regularly drinking no more than 14 units per week, spread over at least 3 days	Regularly drinking no more than 14 units per week, spread over at least 3 days
Increasing Risk	15-49 units per week	15-34 units per week
Higher Risk	More than 50 units per week (or more than 8 units per day on regular basis).	More than 35 units per week (or more than 6 units per day on a regular basis).

Medical Information Alcohol increases the risk of many medical conditions including heart attack, stroke, pancreatitis, high blood pressure and diabetes.

Cancer Alcohol increases the risk of 7 types of cancer (liver, bowel, breast, mouth, pharyngeal, oesophageal and laryngeal cancer). An estimated 6 per cent of female breast cancers in the UK are linked to alcohol, that effects more than 3,000 women each year.

Liver Disease Alcohol can cause inflammation in the liver, whether the heavy drinking is every day or just a few days a week. Over time scarring and cirrhosis can occur.



Healthy Liver



Fatty Liver



Cirrhotic Liver

Alcohol Facts

An estimated 7.5 million people are unaware of the damage their drinking could be causing.

Alcohol dependence in the UK is significantly under-diagnosed and under-treated with only 6% of alcohol dependent patients aged 16-65 years receiving treatment each year.

Managing Alcohol

Take detailed alcohol history using the formula or an Alcohol Unit Calculator

Encourage patient to use a drinks tracker

Alcohol Tips

When you reduce your drinking short term effects of alcohol can improve; sleeplessness, stress, memory loss, sweating, shaking, loss of appetite, stomach problems, anxiety, diarrhoea, sickness, bad skin and weight gain.

Weight Gain Alcohol contains lots of calories!

Wine		148 calories	
Beer		260 calories	
Cider		411 calories	
Vodka		1577 calories	

Switch from stronger wine or beer to a lower %.

Use smaller glasses for wine.

Spirits – use a shot glass to pour your measure of drink at home, so you can keep track and add more mixer.

When going out to drink, eat snacks and drink some water. Try not to get into rounds.

More information

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