

know your numbers

Alcohol Risk

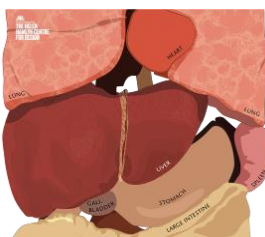
Risk Level	Men and Women
Lower Risk	Regularly drinking no more than 14 units per week, spread over at least 3 days
Increasing Risk	Women regularly drinking 15-34 units per week. Men regularly drinking 15-49 units per week.
Higher Risk	Women regularly drinking more than 35 units per week. Men regularly drinking more than 50 units per week

N.B. Over 65 years of age **Half** the above units per week.

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).

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 Reduction Benefits

Short term effects of alcohol can improve with reduction; sleeplessness, stress, memory loss, sweating, shaking, loss of appetite, stomach problems, anxiety, diarrhoea, sickness, bad skin and weight gain.

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