

# Facts & Advice about Alcohol

## Worried about you or another's drinking?

If you're worried that you may be becoming alcohol dependent or are concerned about someone else's drinking, look out for these four warning signs and symptoms:

- Worrying about where your next drink is coming from and planning social, family and university events around alcohol.
- Finding you have a compulsive need to drink and finding it hard to stop once you start.
- Waking up and drinking – or feeling the need to have a drink in the morning.
- Suffering from withdrawal symptoms, such as sweating, shaking and nausea, which stop once you drink alcohol.

## Limits

UK Chief Medical Officer advises not regularly drinking more than 14 units a week. Below is what 14 units looks like:



14

Single measures of spirit (25ml) 40% ABV

or



6

Glasses of wine (175ml) 13% ABV

or



6

Pints of ordinary strength beer/lager/cider (568ml) 4% ABV

- Shot glass = 1 unit (ABV 40%)
- Wine glass = 2.3 units (ABV 13%)
- Alcopops = 1.1 unit (ABV 4%)

- Pint glass = 2.3 units (ABV 4%)
  - Cocktail = 2-4 units
- ABV = Alcohol by volume

## Short term effects of alcohol

Impaired motor skills and judgement, short term memory loss, stroke, headaches, mood swings, violent behaviour & depression

Blurred VISION & dizziness

Increased blood pressure

Nausea, Vomiting & alcohol poisoning

Unable to walk or talk as usual. Increase risks of accidents

## Long term effects of alcohol

BRAIN damage, memory loss, addiction. Break down of NERVOUS SYSTEM supplying limbs

Risk of cancer and haemorrhage to the THROAT

HEART attacks and disease

Cirrhosis of the LIVER

STOMACH ulcer & gastritis

PANCREAS-Diabetes & poor digestion

Weakening and pain to MUSCLES

Weakness and risk of fracture to BONES

## Harm reduction

- Don't drink in the first instance.
- Never drink and drive.
- Know your limits - if you're acting out of character, be aware, it's because of the alcohol's effect on your mind and body.
- Try to drink no more than 2 units in any 3 hour period.
- Don't binge drink- If you regularly drink as much as 14 units per week, spread your drinking evenly over three or more days. If you have one or two heavy drinking episodes a week, you increase your risk of long-term illness and injury.
- Drink water between alcoholic drinks.
- Eat food before and whilst drinking
- Stay with friends-dont go off alone
- Drink in safe environments and dont leave your drink unattended.
- If you feel unwell, stay with a friend or seek medical assistance.

## NEED HELP AND ADVICE?

Call free: 0300 7904044.  
Email: SWANSEA@newidcymru.co.uk  
FOR HARM REDUCTION ADVICE VISIT:  
[www.newidcymru.co.uk](http://www.newidcymru.co.uk)  
WANT TO REPORT SOMETHING?  
[www.south-wales.police.uk/contact/af/contact-us](http://www.south-wales.police.uk/contact/af/contact-us)



Os nad yw'n achos brys, rhwch wybod ar-lein

Ar-lein 101  
DI- ARGYFWNG

999  
ARGYFWNG

If it's not 999, report it online

Online 101  
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EMERGENCY

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