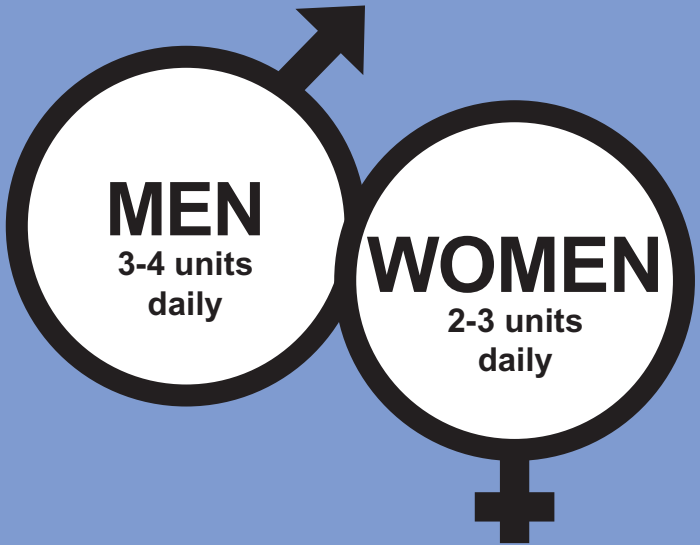


drink limit



By understanding alcohol units
you can enjoy alcohol safely

ADS

Addiction Dependency Solutions

Units and You: safe drinking limits

The alcohol content of a drink is measured in units. For example a pint of typical strength bitter contains just over 2 units, while a glass of wine can contain 1.5 to over 3 depending on size and strength.

One UK unit is 10ml or 8 grams of pure alcohol (also called ethanol).

Current medical evidence shows that men should not regularly drink more than 3 to 4 units and women not more than 2 or 3.

'Regularly' means drinking every day or most days of the week.

Cause and Effect: dangers to your health

Consistently drinking more than these amounts is a potential risk to your health. The danger will increase the longer you continue and the more you drink. Health problems can occur such as:

- Alcohol dependence or alcoholism
- Brain damage including memory loss or dementia
- Increased risk of cancer
- Cirrhosis of the liver
- Heart problems such as high blood pressure and heart disease
- Nutritional problems e.g. obesity or malnutrition
- Pancreatitis
- Sexual difficulties including impotence
- Stomach disorders such as ulcers
- Alcohol poisoning which is potentially fatal

Affects to your Mental Well-being

Even exceeding your recommended unit limit occasionally can have serious consequences such as:

- Impaired judgement leading to risky behaviour
- Mood swings
- Injuries and accidents
- Unsafe sex which could result in sexually transmitted infections (STDs) and/or unplanned pregnancies
- Relationship problems
- Getting into trouble with the police
- Anxiety, stress and depression
- Poor concentration

If you have a problem with alcohol, or know someone who has, then get in touch.

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