

ALCOHOL AWARENESS

DO YOU KNOW HOW MANY UNITS ARE IN YOUR DRINKS?

Find out at: www.drinkwisewales.co.uk

Would an evening without alcohol be better or worse? Don't let alcohol take over your life

There are concerns that levels of drinking could be sneaking up on you without you noticing. There is compelling evidence to show that drinking over the recommended limits every day or on most days increases your risk of liver disease. By having at least 2 alcohol free days a week you'll give your liver a break and substantially reduce the risk of liver disease as well as other diseases such as cancer and stroke.

Alcohol awareness week (18th – 24th November) is the right time to start thinking about our drinking especially with the upcoming festivities!!

For more ideas and to work out how much you are drinking visit: <http://www.change4lifewales.org.uk> then click on adults.

HERE ARE SOME TIPS FOR SENSIBLE DRINKING

EAT SOMETHING: eating food with your alcohol helps you to pace yourself, and a full stomach will slow down the effects of alcohol.

PACE YOURSELF: enjoy a drink slowly! You don't have to join in with every round.

WATCH OUT FOR STRENGTH: try drinking lower alcohol and alcohol free drinks.

WATCH YOUR SIZE: ask for a smaller glass - a large glass of wine is equivalent to a third of a bottle of wine.

HYDRATE: alcohol is a diuretic. Which means it will dehydrate you. Drink water regularly whether you are drinking at home or in a pub.

**LOOK OUT FOR THE 'DON'T LET DRINK SNEAK UP ON YOU' BOOKLET
WITH LOTS OF USEFUL TIPS AND HINTS ON SENSIBLE DRINKING
OVER THE UPCOMING FESTIVE PERIOD**

