

# Is drinking putting the health of your patient or client at risk?

More than 1 in 4 adults are currently drinking above lower risk limits.



PINT CIDER: ABV 5.3%  
**3 UNITS**



RED WINE (125ML): ABV 12.5%  
**1.6 UNITS**



SAMBUCA SHOT: ABV 42%  
**1 UNIT**



BOTTLE LAGER: ABV 5.2%  
**1.7 UNITS**



BOTTLE OF WINE: ABV 13.5%  
**10 UNITS**



ALCOPOP: ABV 5%  
**1.4 UNITS**



HALF PINT CIDER: ABV 5.5%  
**1.5 UNITS**



SINGLE GIN & TONIC: ABV 40%  
**1 UNIT**



DOUBLE COGNAC: ABV 40%  
**2 UNITS**



PINT BITTER: ABV 5%  
**2.8 UNITS**



CHAMPAGNE (175ML): ABV 11.5%  
**2 UNITS**



DOUBLE WHISKY & COKE: ABV 40%  
**2 UNITS**



HALF PINT LAGER: ABV 5.2%  
**1.5 UNITS**



COSMOPOLITAN COCKTAIL  
**2 UNITS**



WHITE WINE (175ML): ABV 13%  
**2.3 UNITS**



PIMMS: ABV 25%  
**1.3 UNITS**



PINT LAGER: ABV 5.2%  
**3 UNITS**



DOUBLE WHISKY: ABV 40%  
**2 UNITS**

## Recommended alcohol limits

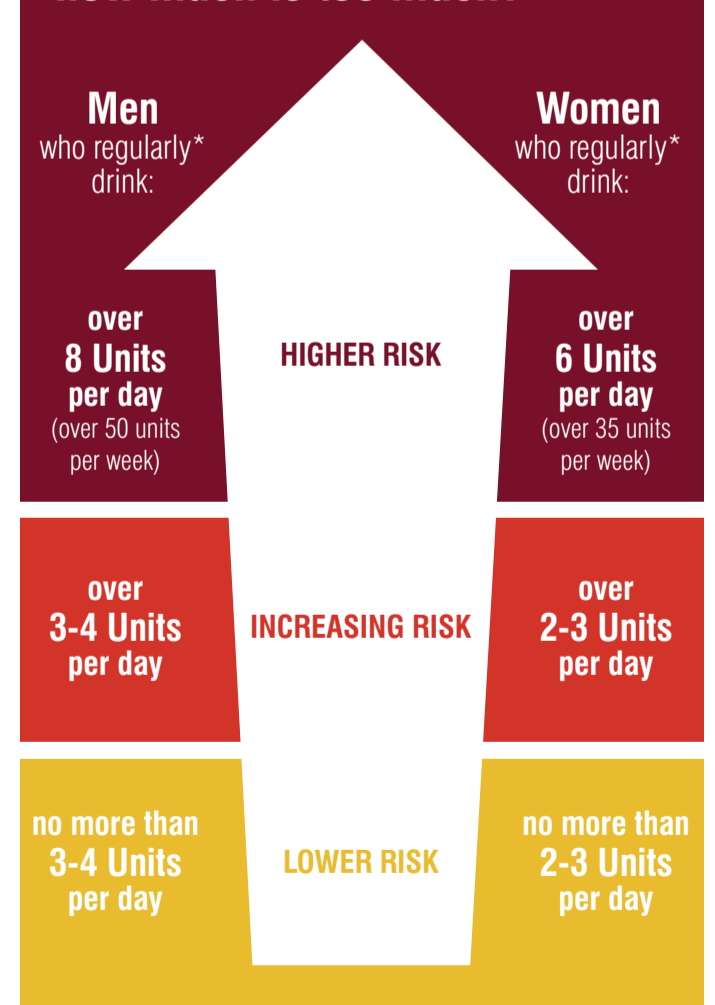
- Women should not regularly\* drink more than 2-3 units a day
- Men should not regularly\* drink more than 3-4 units a day
- Pregnant women or women trying to conceive should avoid drinking alcohol. If they do choose to drink, to protect the baby they should not drink more than 1-2 units of alcohol once or twice a week and should not get drunk
- Anyone who has drunk heavily in one session should then go without alcohol for 48 hours, to give their liver and other body tissues time to recover

## Impact on health

It may be worth discussing levels of alcohol consumption and possible impact on health. Alcohol may be a factor in the following conditions/complaints:

- mental health problems
- gastrointestinal problems
- obesity
- liver complaints
- diabetes
- high blood pressure
- stroke
- coronary heart disease
- pancreatitis
- kidney problems

## Alcohol health risks – how much is too much?



\*'Regularly' here means every day or most days of the week (not just drinking at these levels once a week)