

Chest  
Heart &  
Stroke



# Alcohol

## Impact on Health

Drinking too much alcohol can have a devastating effect on your cardiovascular health, in other words, your heart and blood vessels.

It can cause high blood pressure and atrial fibrillation, an irregular heartbeat, both of which can increase your risk of heart failure, heart attack and stroke.

Alcohol contains a lot of calories so drinking too much can lead to weight gain and even obesity, which increases the risk of poor heart health. It can also lead to liver problems and increase the risk of some cancers.

## Alcohol Guidelines

Guidelines from the UK Chief Medical Officer for the government state that there's no safe level of alcohol consumption.

However, if you do drink alcohol, men and women should not drink more than 14 units of alcohol each week and you should have several alcohol-free days each week.

In the UK alcohol is measured in units. 1 unit is equal to 10mls of pure alcohol.

# Alcohol Units Guide

			
Pint of premium beer (5%) <b>2.8 units</b>	Pint of cider (5%) <b>2.8 units</b>	Alcopop 275ml (4%) <b>1.4 units</b>	Can of beer 330ml (4%) <b>1.7 units</b>
			
Gin/ Vodka / Rum 35ml (37.5%) <b>1.3 units</b>	Spirits 1 litre (37.5%) <b>37 units</b>	Small bottle of wine 187.5ml (12%) <b>2.3 units</b>	Bottle of wine 750ml (12%) <b>9.2 units</b>

## Binge Drinking

Binge drinking is defined as drinking alcohol in a short space of time or drinking to get drunk.

Because everybody is different, it is not easy to say exactly how many units in one session count as binge drinking. The definition used by the Office of National Statistics state:

- For **men** this equates to drinking more than **8 units** in one sitting.
- For **women** it means drinking more than **6 units** in one sitting.

## Reducing Alcohol Intake






- **Know your limits - how many units are in your favourite drinks?**
- **Check out the alcohol content ABV%**
- **Have something to eat before you start drinking.**
- **Alternate each alcoholic drink with a non-alcoholic drink.**
- **Avoid drinking in rounds or having a kitty.**
- **Keep track of your drinks and don't let anyone top up your drink until it's finished.**



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