

Alcohol



Chest
Heart &
Stroke

Drinking too much alcohol can have a devastating effect on your health, contributing to heart and liver problems, weight gain and some cancers.

There is NO safe level of alcohol consumption.

- **Know your limits**
- **Check the alcohol content in your drinks**
- **Have something to eat before drinking**
- **Alternate with non-alcoholic drinks**
- **Avoid drinking in rounds or having a kitty**
- **Keep a track of your drinks**
- **Don't top up your drink until it is finished**

For further advice and support on cutting back your alcohol consumption, visit www.nichs.org.uk

AIM FOR
NO MORE THAN

14 UNITS

OF ALCOHOL PER WEEK
AND SEVERAL ALCOHOL
FREE DAYS

