COULD YOUR DRINKING BE PUTTING YOUR HEALTH AT RISK?

Health harms

Whether it’s a few beers in front of the TV or a couple down the pub, many of us like to have the occasional drink. But research shows that drinking too much on a regular basis has serious health risks and can play a role in more than 60 different medical conditions including:

- Cancer
- High blood pressure
- Cirrhosis of the liver
- Heart disease
- Stroke

The NHS recommends men should not regularly drink more than 3-4 units a day and women no more than 2-3. Regularly drinking above this level means you’re at an increasing or high risk of developing an alcohol-related illness.

Risk

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lower risk</strong></td>
<td>No more than 3-4 units a day on a regular* basis</td>
<td>No more than 2-3 units a day on a regular* basis</td>
</tr>
<tr>
<td><strong>Increasing risk</strong></td>
<td>More than 3-4 units a day on a regular* basis</td>
<td>More than 2-3 units a day on a regular* basis</td>
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<tr>
<td><strong>Higher risk</strong></td>
<td>More than 50 units per week (or more than 8 units a day) on a regular* basis</td>
<td>More than 35 units per week (or more than 6 units a day) on a regular* basis</td>
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</tbody>
</table>

*Regular in this context means drinking at this sort of level every day or most days of the week; whilst for weekly drinking, it refers to the amounts drunk most weeks of the year.

For more information [www.nhs.uk/drinking](http://www.nhs.uk/drinking) or call Drinkline on [0800 917 8282](tel:0800 917 8282) for 24 hour support or advice.