

No amount of alcohol is completely safe
The NHS recommended limits reduce the risk of developing future health problems. If someone drinks alcohol above these levels they are at an increased risk of disease including being:

- Two to five times more likely to develop cancers of the mouth and throat
- Four times more likely to have high blood pressure if a man
- Three times more likely to suffer a stroke if a woman

There is an increased risk for everyone of:

- Heart disease and stroke
- Liver disease, such as cirrhosis or liver cancer
- Depression, memory loss, brain damage or dementia
- Stomach damage
- Acute alcohol poisoning

The NHS recommends

- Men should not exceed 3 to 4 units* per day on a regular basis**
- Women should not exceed 2 or 3 units* per day on a regular basis**

* 1 unit is 10ml (8g) of pure alcohol – this is the amount of pure alcohol in a 25ml single measure of spirits, a third of a pint of beer, or half a 175ml ‘standard’ glass of red wine

** ‘on a regular basis’ means drinking every day or most days of the week.

How do the daily limits work

The harm caused by alcohol usually only emerges after a number of years – and by then, serious health problems can have developed.

Alcohol affects people in different ways, depending on your sex, weight, height and many other factors.

The NHS recommended limits are lower for women because women and men process and tolerate alcohol differently, for example, women’s bodies have a

higher ratio of fat to water so they generally can’t process alcohol as easily. It is important to recognise that drinking alcohol every day or most days of the week can quickly add up to or over the NHS recommended limits.

The NHS wishes to discourage the belief that you could take the number of units of a weekly limit and drink them all at once – ‘binge drinking’ is harder on your body and may put yourself and others at risk.

Are there times when you shouldn’t drink at all?

- Before strenuous exercise
- When driving
- Whilst pregnant, or trying to conceive
- If you’re on certain medicines – your doctor or pharmacist can give you advice if you’re not sure.

If on certain occasions you do drink heavily, give your body a chance to recover – at least 48 hours with no alcohol. Otherwise you’re just adding to the damage.

For help, information and advice you can:

- Speak to your GP
- Telephone Drinkline – the national alcohol helpline
0800 917 8282 or 0800 876 6776
If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence, 24hours a day

Or visit the following websites

NHS choices

www.nhs.uk/livewell/alcohol/

Alcohol Concern

www.alcoholconcern.org.uk

Drink Aware www.drinkaware.co.uk

The information in this leaflet has been reproduced from a patient information leaflet issued by the Birmingham Dental Hospital. Alcohol can affect your oral health as well as your general health. The department of health wants dental practices to give advice to their patients about alcohol. The team at Wall Heath Dental Practice think the oral health and general health of our patients is very important and we hope you find this information useful.

How does alcohol affect your health?



01384 292666

Wall Heath Dental Practice
7 High Street
Wall Heath
West Midlands
DY6 0HA

Tel: 01384 292666
email: info@wallheathdental.co.uk
www.wallheathdental.co.uk