



Did you know...

- A bottle of wine has **40% of the daily recommended calories** for women. This is comparable to 3 medium size chocolate bars, a large burger with medium fries or 6 jam doughnuts.
- Alcohol is linked to **9 different types of cancer**, including; breast, throat, mouth, liver, stomach and colon.
- If you are trying to conceive, it is best to avoid alcohol altogether, because **alcohol can affect fertility in men and women.**
- If you regularly drink more than your recommended alcohol intake this will **increase your risk of high blood pressure.**
- Drinking after a workout can **cancel out any gains.**

For advice and support, speak to your healthcare professional today or contact:

Alcohol Liaison Nurse Specialists on 01253 303943

For more information about this campaign contact the Hospital Public Health Team on 01253 303967

SHOULD NOT REGULARLY EXCEED	
	
MEN	WOMEN
3-4	2-3
UNITS DAILY	UNITS DAILY
INCLUDE 2 ALCOHOL FREE DAYS PER WEEK	



Did you know...

- Alcohol is high in calories and by drinking **3-4 gin & tonics** a day over four weeks you could **put on as much as 4lbs**.
- There is a strong link between heavy **drinking and depression**. If you already feel anxious or sad, drinking can exaggerate this.
- **Drinking can affect your sleep**. Although it can help some people fall asleep quickly, it can disrupt your sleep patterns and stop you sleeping deeply.
- The majority of patients who develop **cirrhosis of the liver** will have been unaware of the earlier stages of the disease, unless tests have been carried out.

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