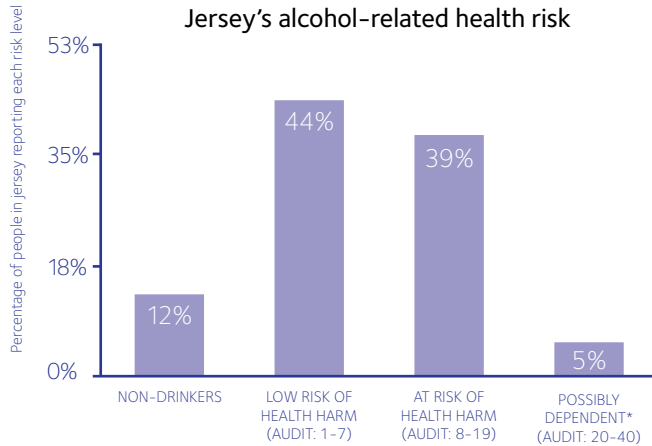


Find out your risk level by completing the quick and easy AUDIT questionnaire at gov.je/AlcoholHelp. Match your score against the below graph to see how you compare with others

Your AUDIT score:

What's everyone else like?

Jersey's alcohol-related health risk



Source: Jersey Opinions and Lifestyle Survey

*you may benefit from free, confidential support and treatment from the Alcohol Pathway Team – Tel: 445000, or email: A&DSservice@health.gov.je

The potential benefits of cutting down

Psychological/Social/Financial

Improved mood	Reduced risk of drink driving
Improved relationships	Save money
More time for hobbies and interests	

Physical

Sleep better	Reduced risk of high blood pressure
More energy	Reduced risk of cancer
Lose weight	Reduced risk of liver and brain disease
Reduced risk of injury	
Improved memory	
Better physical shape	

Making your plan

- Have several 'drink-free' days, when you don't drink at all. When you do drink, set yourself a limit and stick to it.
- Quench your thirst with non-alcohol drinks before and in-between alcoholic drinks.
- Avoid drinking in rounds.
- Eat when you drink – have your first drink after starting to eat.
- Switch to lower alcohol beer/lager/wine or try non-alcoholic versions
- Plan activities and tasks at those times you would usually drink.
- When bored or stressed do something physical instead of drinking.
- Avoid or limit the time spent with "heavy" drinking friends.



What targets should you aim for?

The more alcohol we drink, the greater the chance we will damage our health over the years. By sticking within these guidelines, you can lower your risk of harming your health:

- Adults are advised not to regularly drink more than 14 units a week.
- If you do drink as much as 14 units in a week, spread this out evenly over 3 or more days.

What's your personal target?



ALCOHOL & YOU

A brief advice leaflet



www.gov.je/alcoholhelp
www.nhs.uk/oneyou



Alcohol has been found to contribute to more than 60 medical conditions. Some of these are listed below:

Brain and nervous system

INCREASED RISK OF:

Brain damage
Memory loss
Stroke
Nerve damage

Breasts

INCREASED RISK OF:

Cancer (in women)

Lungs

INCREASED RISK OF:

Inflammation - usually from infections

Liver

INCREASED RISK OF:

Swelling and pain
Alcoholic liver disease such as cirrhosis
Cancer

Intestines

INCREASED RISK OF:

Inflamed lining
Cancer

Mental health

INCREASED RISK OF:

Mood disorders, such as depression and anxiety
Alcohol dependence

Mouth, throat and voice box

INCREASED RISK OF:

Cancer

Heart and circulation

INCREASED RISK OF:

Cardiovascular disease
High blood pressure

Stomach and food pipe

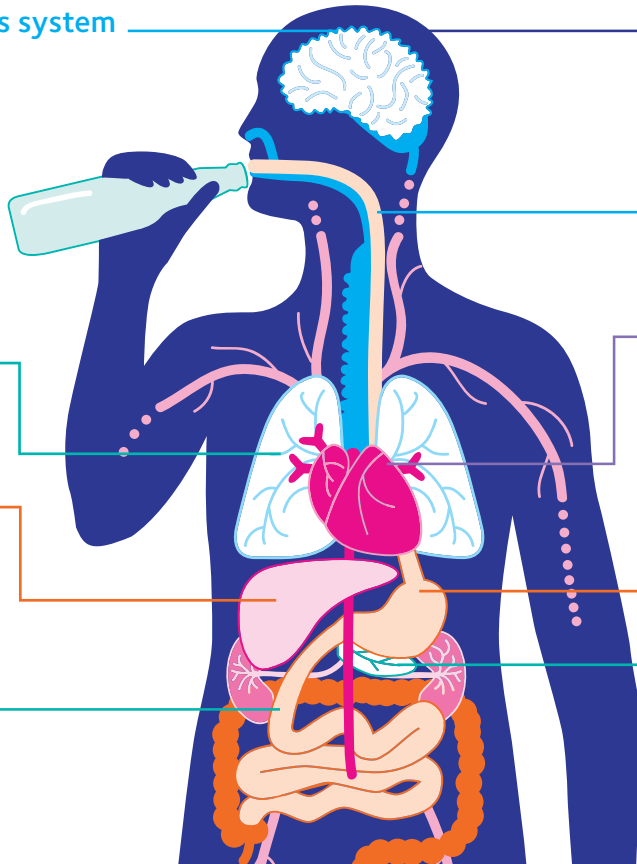
INCREASED RISK OF:

Inflamed lining and bleeding
Cancer of the food pipe

Pancreas

INCREASED RISK OF:

Inflammation and damage
Pancreatitis



There are also risks associated with mixing alcohol with strenuous exercise, operating heavy machinery, driving and certain medications.

One unit is...



HALF PINT

of regular lager or cider



HALF GLASS

(small) of wine



1 SINGLE

measure of spirits

Is drinking in moderation good for you?

Some research suggests that drinking small amounts of alcohol regularly can be good for your heart. However, even smaller amounts are known to increase the risk of other conditions such as breast, bowel, mouth and throat cancer. So it's safer to look after your heart through a healthy diet and finding an exercise you enjoy.

Alcohol and pregnancy

We know that alcohol during pregnancy can harm a baby's development, which can lead to lifelong mental and physical health problems. It has not been proven that there's any safe amount of alcohol that's guaranteed to be completely harmless. So if you are pregnant, or think there's a chance you could become pregnant, the best choice for a healthy baby is to avoid alcohol completely, even from very early stages of your pregnancy.

If you would like help to avoid alcohol during pregnancy, there is supportive and confidential treatment and advice available through Jersey's Alcohol Team:

Telephone: 445000

Email: A&DSERVICE@health.gov.je

For further support in Jersey:

Alcohol Pathway Team

Telephone: 01534 445000

Email: A&DSERVICE@health.gov.je

Silkworth Lodge

Telephone: 01534 729060

Email: info@silkworthlodge.co.uk

Alcoholics Anonymous

Telephone : 01534 726681

Email: help@aamail.org

For online support:

www.gov.je/alcoholhelp

One You: www.nhs.uk/oneyou

Alcohol Concern: www.alcoholconcern.org.uk