

Alcohol Awareness



Understanding Alcohol Harm

The short and long-term effects of alcohol can impact your health and wellbeing, appearance, and lifestyle. Armed with the facts you can make an informed choice about your drinking.

Aim to drink
no more than
**14 units a
week**

Brain and nervous system

INCREASED RISK OF:

- Brain damage
- Memory loss
- Stroke
- Nerve damage

Breasts

INCREASED RISK OF:

- Cancer

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

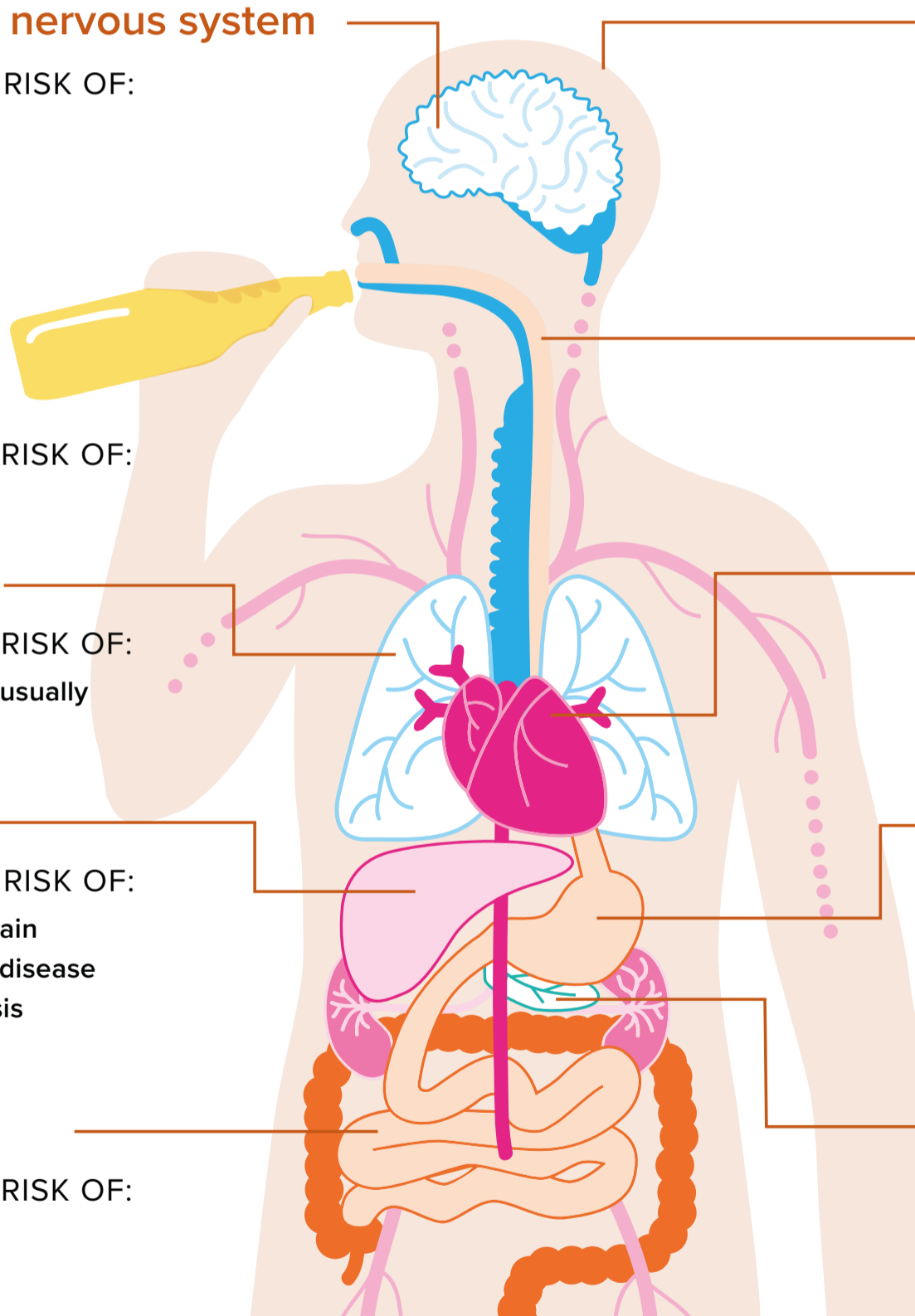
INCREASED RISK OF:

- Inflamed lining and bleeding
- Cancer of the food pipe

Pancreas

INCREASED RISK OF:

- Inflammation and damage
- Pancreatitis



If you are concerned about how much alcohol you are drinking, you can speak to your pharmacist or visit: gov.je/alcoholawareness for further information, resources, support and self-assessment tools.

