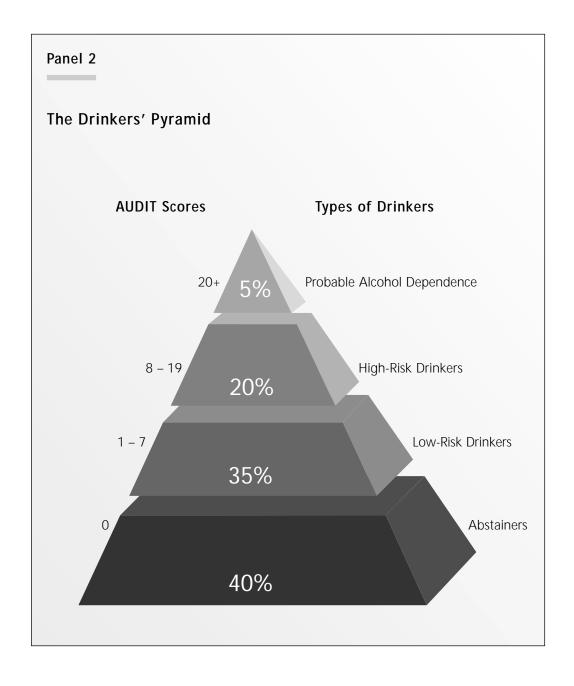
# A Guide to Low-Risk Drinking





en driving.

# Panel 3 Effects of High-Risk Drinking Alcohol dependence. Aggressive, irrational behaviour. Memory loss. Arguments. Violence. Depression. Nervousness. Premature aging. Drinker's nose. Cancer of throat and mouth. Weakness of heart muscle. Frequent colds. Reduced Heart failure. Anemia. resistance to infection. Impaired blood clotting. Increased risk of pneumonia. Breast cancer. Liver damage. Vitamin deficiency. Bleeding. Severe inflammation of the stomach. Vomiting. Trembling hands. Diarrhea. Malnutrition. Tingling fingers. Numbness. Painful nerves. Inflammation of the pancreas. Ulcer. Impaired sensation In men: leading to falls. Impaired sexual performance. In women: Risk of giving birth to deformed, retarded babies or low birth weight babies. Numb, tingling toes. Painful nerves. High-risk drinking may lead to social, legal, medical, domestic, job and financial problems. It may also cut your lifespan and lead to accidents and death from drunk-

#### Panel 4

# Should I Stop Drinking or Just Cut Down?

## You should stop drinking if:

- You have tried to cut down before but have not been successful, or
- You suffer from morning shakes during a heavy drinking period, or
- You have high blood pressure, you are pregnant, you have liver disease, or
- You are taking medicine that reacts with alcohol.

## You should try to drink at low-risk levels if:

- During the last year you have been drinking at low-risk levels most of the time, and
- You do not suffer from early morning shakes, and
- You would like to drink at low-risk levels.

Note that you should choose low-risk drinking only if all three apply to you.

#### Panel 5

## What's a Low-Risk Limit?

- No more than two standard drinks a day
- Do *not* drink at least two days of the week

But remember. There are times when even one or two drinks can be too much – for example:

- When driving or operating machinery.
- When pregnant or breast feeding.
- When taking certain medications.
- If you have certain medical conditions.
- If you cannot control your drinking.

Ask your health care provider for more information.

#### Panel 6

# What's a Standard Drink?

#### 1 standard drink =



1 can of ordinary beer (e.g. 330 ml at 5%)

or



A single shot of spirits (whiskey, gin, vodka, etc.) (e.g. 40 ml at 40%)



or

A glass of wine or a small glass of sherry (e.g. 140 ml at 12% or 90 ml at 18%)

or

A small glass of liqueur or aperitif (e.g. 70 ml at 25%)

How Much is Too Much? The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.