

Benefits of cutting down

The immediate effects of cutting down include:

- Feeling better in the mornings
- Being less tired during the day
- Your skin may start to look better
- You'll start to feel fitter
- You may stop gaining weight

Long-term benefits include:

Mood

There's a strong link between heavy drinking and depression, and hangovers often make you feel anxious and low. If you already feel anxious or sad, drinking can make this worse, so cutting down may put you in a better mood generally.

Sleep

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. So cutting down on alcohol should help you feel more rested when you wake up.

Behaviour

Drinking can affect your judgement and behaviour. You may behave irrationally or aggressively when you're drunk. Memory loss can be a problem during drinking and in the long term for regular heavy drinkers.

Heart

Long-term heavy drinking can lead to your heart becoming enlarged. This is a serious condition that can't be completely reversed, but stopping drinking can stop it getting worse.

Immune system

Regular drinking can affect your immune system. Heavy drinkers tend to catch more infectious diseases

Alcohol and Cancer:

Over the long term, drinking alcohol increases your risk of serious illnesses including:

- Breast cancer
- Laryngeal cancer (Voice box)
- Liver cancer
- Mouth cancer
- Esophageal cancer (Food pipe)
- Pharyngeal cancer (Upper throat)

Heavy drinking can cause cirrhosis of the liver (where damage to the liver causes scar tissues to build up) which can then lead to cancer.

All types of alcohol increase the risk of cancer. For more information visit: www.drinkaware.co.uk.

Other Health Conditions:

Heavy drinking also causes:

- Heart Disease
- Stroke
- High Blood Pressure
- Stomach Ulcers
- Pancreatitis

Medical warning:

If you have physical withdrawal symptoms (shaking, sweating or feelings of anxiety until you have your first drink of the day) you should take medical advice before stopping completely – it can be dangerous to do this too quickly and without proper advice and support

Call Drinkline free on 0300 123 1110 for more advice.

For more information on alcohol intake please visit:

<https://www.nhs.uk/oneyou/drinking#WQTKwAUXEmePQ00c.99>

Alcohol Advice Leaflet

Ibstock: 01530 263467
Barlestone: 01455 299920
ibstockhousesurgery@nhs.net
www.ibstockhousesurgery.nhs.uk



Men and women are advised not to drink more than 14 alcohol units a week.

Fourteen units is equivalent to six pints of average-strength beer or 10 small glasses of low-strength wine.

Regularly drinking more than 14 units a week increases the risk of damaging your health.

Cutting back on alcohol can help your general wellbeing.

Once you start cutting back, you'll probably notice the benefits.



Be Healthier:

Drinking too much too often can have an impact on your health. Reduce your risks by knowing how much you are drinking and making sure you don't drink more than the lower risk guidelines.

Save some cash:

Drinking less is not only great for your health; it's also great for your wallet, too. The cost of drinking alcohol can quickly add up. Think how much you could save by making some small changes and cutting down.

Feel full of beans:

Once you start cutting back, you may quickly find you have more energy and feel less tired during the day. Drinking can affect your sleep and stop you from sleeping deeply, so drinking less should help you feel more rested and full of beans.

Drink Less:

You can download the FREE "Drink Aware: Track and Calculate Units" app to your smart device from either the App store or Google Play store. The app makes it easy to keep an eye on the booze and take control with daily tips and feedback. You can also find out how you can make some simple drink swaps that still tastes good.

For more information visit:
www.drinkaware.co.uk

Tips on cutting down:

Make a plan

Before you start drinking, set a limit on how much you're going to drink.

Set a budget

Only take a fixed amount of money to spend on alcohol.

Let them know

If you let your friends and family know you're cutting down and it's important to you, you could get support from them.

Take it a day at a time

Cut back a little each day. That way, every day you do is a success.

Make it a smaller one

You can still enjoy a drink, but go for smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large one.

Have a lower-strength drink

Cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV in %). You'll find this information on the bottle.

Stay hydrated

Have a glass of water before you have alcohol and alternate alcoholic drinks with water or a soft drink.

Take a break

Have several drink-free days each week.