



January 2014



Special points of interest:

- What is a unit of alcohol?
- What are the daily guidelines for drinking units of Alcohol?
- Did you know how many calories can be in drink?
- Track your drinking units through your phone.
- What Effects can excessive drinking have on the body?
- If I have issues with alcohol where can I go for help?

The following article will look to widen the knowledge and understanding of alcoholism. Give a clear overview of the issues and facts around alcohol that not many people know.

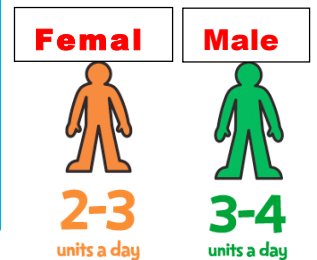
What Is a Unit of Alcohol

- One unit is 10 ml of pure alcohol. So an alcoholic drink is essentially diluted pure alcohol.
- This dilution is indicated by the percentage you see on the label of drink, which tells you how much of the beverage is pure alcohol.



What Are the Daily Guidelines for Drinking Units of Alcohol

- ❖ Women and men daily should not drink more than what is stated in the diagram to the right.
- ❖ On this link you can calculate your daily intake and some other interesting facts!
<http://www.nhs.uk/Change4Life/Pages/understanding-alcohol.aspx>



Did You Know?

- Calories from alcohol are 'empty calories', they have no nutritional value.
- Drinking alcohol also reduces the amount of fat your body burns for energy. Causing extra fatty deposits within the body.



What Effects can Excessive Drinking Have on the Body?

- Alcohol poisoning
- High blood pressure, stroke, and other heart-related diseases
- Liver disease
- Nerve damage
- Sexual problems
- Permanent damage to the brain

Excessive drinking will increase your chances of these and more!

Track your Drinking Units Through Your Phone.

- Using the NHS Choices interactive alcohol unit calculator, assess your drinking levels and track your drinking over time. On the 'Track Your Alcohol' App.



Hamara Contact Information:

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If anyone seeks further information.

- ✓ National Alcohol Helpline: 0800 917 8282 (Weekdays: 9am – 8pm, weekends: 11am – 4pm).