



Alcohol

What's the big deal?

- If you drink more than the recommended limits, you are at increased risk of over 60 different medical conditions, including cancer, liver damage and heart disease.
- Alcohol is one of the leading risk factors for oral cancer.
- Alcohol can reduce your inhibitions and impair your judgement – this can put your personal and physical safety at risk.
- Alcohol contains a lot of calories so can cause you to put on weight.
- Alcohol can affect your fertility (male/female) and can affect the health of your unborn child.

leicester.gov.uk/ourhealthycity

Help and advice

- Unit guidelines are now the same for men and women. It is advised that you do not drink more than 14 units a week.
- Try to have at least two days per week where you don't drink alcohol.
- If you are pregnant it is recommended you do not drink at all.
- The number of units and calories in your drink will depend on the size of the drink and its strength.

Drink	250ml wine (13%)	Pint of beer (4%)	Pint of cider (4.5%)	Alcopop (4%)	25ml white spirits (37.5%)	25ml dark spirits (40%)
Units	3.3	2.3	2.6	1.1	0.9	1
Calories	228	180	216	171	52	61

For more information:

- Speak to your GP
- Call Leicester Recovery Partnership on **0116 204 7274**
- Call Drinkline on **0800 876 6778**
- Visit **drinkaware.co.uk**



Leicester
City Council