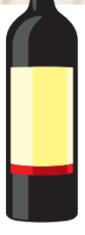


Could your drinking be putting your health at risk?



Last Orders, part of the **Nottingham Recovery Network**, offers a variety of confidential treatment options to people living in Nottingham City who want to reduce the amount of alcohol they drink.

We work with GP practices, the wider community and other alcohol services in Nottingham City to ensure people receive the appropriate support.

 <p>Pint lager (ABV 4%)</p> <p>2.3 UNITS</p>	 <p>Pint bitter (ABV 5%)</p> <p>2.8 UNITS</p>	 <p>Pint of strong beer, lager or cider (ABV 5.2%)</p> <p>3 UNITS</p>	 <p>500ml can of lager (ABV 3.8%)</p> <p>1.9 UNITS</p>	 <p>750ml bottle of wine (ABV 13.5%)</p> <p>10 UNITS</p>	 <p>175ml of red or white wine (ABV 13%)</p> <p>2.3 UNITS</p>
 <p>250ml glass of red or white wine (ABV 13%)</p> <p>3.3 UNITS</p>	 <p>50ml glass of fortified wine (eg sherry) (ABV 20%)</p> <p>1 UNIT</p>	 <p>25ml single spirit and mixer (ABV 40%)</p> <p>1 UNIT</p>	 <p>50ml double spirit and mixer (ABV 40%)</p> <p>2 UNITS</p>	 <p>275ml bottle alco-pop (ABV 5%)</p> <p>1.4 UNITS</p>	 <p>50ml double Irish cream liqueur (ABV 20%)</p> <p>1 UNIT</p>

Health harms

Whether it's a few beers in front of the TV or a couple down the pub, many of us like to have the occasional drink. But research shows that drinking too much on a regular basis has serious health risks and can play a role in more than 60 different medical conditions including:

- Cancer
- High blood pressure
- Cirrhosis of the liver
- Heart disease
- Stroke

Risk	Men & Women	Advice
<p>Lower risk</p> <p>This level of drinking means that in most circumstances you have a low risk of causing yourself future harm</p>	No more than 14 units per week.	Remember, drinking two units may still be too much if you are driving, operation machinery or about to do any active sport. If you are pregnant it is recommended that you abstain from drinking alcohol.
<p>Increasing risk</p> <p>Drinking at a level that increases the risk of damaging your health and could lead to serious medical conditions.</p>	More than 14 units per week.	Drinking at this level increases the risk of damaging your health. Alcohol affects all parts and systems of the body and it plays a role in more than 60 different medical conditions.
<p>Higher risk</p> <p>This level of drinking has the greatest risk of health problems.</p>	35 or more units per week.	Drinking at the level you're at an even higher risk of damaging your health.

*Regular in this context means drinking at this sort of level every day or most days of the week; whilst for weekly drinking, it refers to the amounts drunk most weeks of the year.

Part of the



Nottingham Recovery Network

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