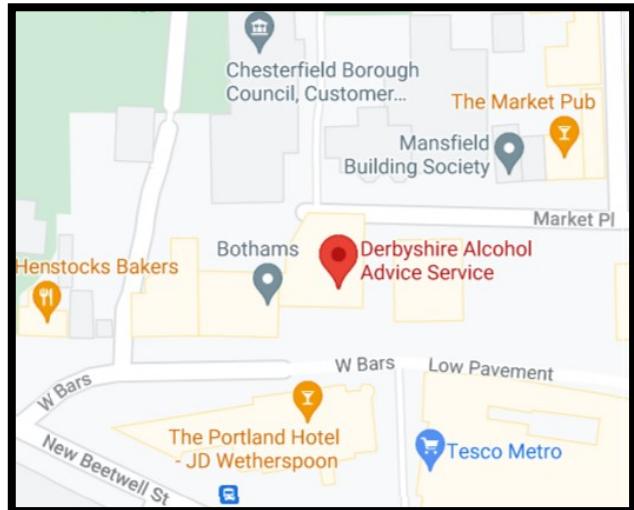


Further Help

For further advice about how to support someone who is wishing to cut down or stop drinking, or for more information about referrals, please call us on the number below.



1st Floor Dents Chambers, 81 New Square,
Chesterfield, Derbyshire, S40 1AH

Open: Monday to Friday 9.00am - 5.00pm with one
late evening on Tuesday's till 6:00pm

Visit our website to see when our bases are open

www.daas.uk.com

01246 206 514



DAAS is a Charitable Incorporated Organisation,
registration no. 1159537 Funded by Derbyshire
County Council - Public Health



ALCOHOL Understand The Risks



Promoting Positive Change.

June 2021

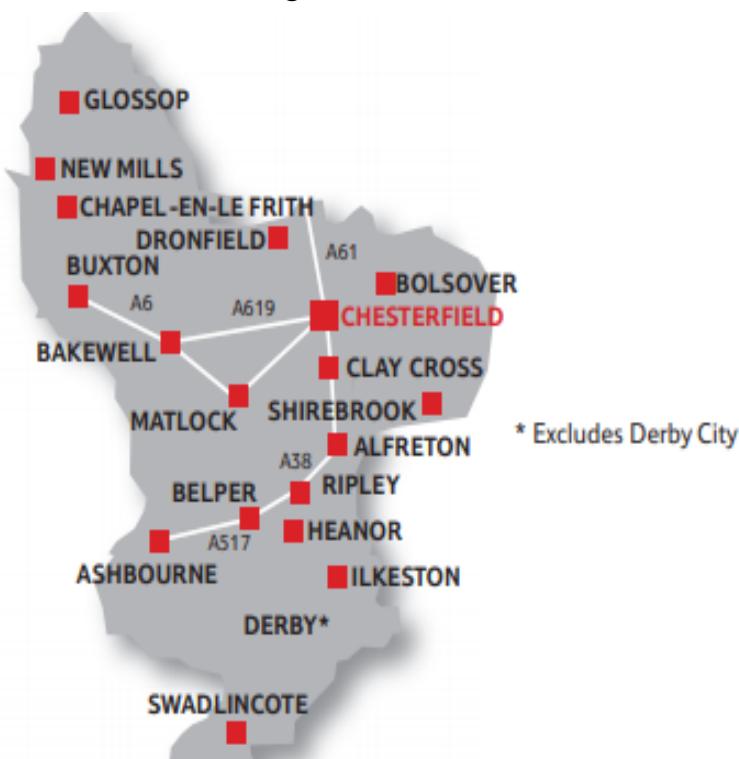
Notes Page

About Us

Derbyshire Alcohol Advice Service is part of Derbyshire Recovery Partnership. The other services within the partnership are Phoenix Futures, Derbyshire Health Care NHS Foundation Trust and Intuitive Thinking Skills



We accept referrals from anyone who is 18 or over and lives in Derbyshire (excluding Derby City) and who is concerned about their drug or alcohol use.



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Introduction

Alcohol is an accepted part of many cultures as a means of relaxation and celebration. However, as a widely available intoxicant and potentially addictive substance, it lends itself to misuse and has associated health risks.

Often people think that it's only those who are drinking heavily, or are dependent on alcohol who should be concerned about their drinking. However, research has shown that regularly drinking above 14 units a week, increases your risk of developing many medical conditions including:

- **mouth, throat, stomach, liver and breast cancers**
- **pancreatitis**
- **heart disease & stroke**
- **liver disease**
- **mental health problems for example, depression and anxiety.**



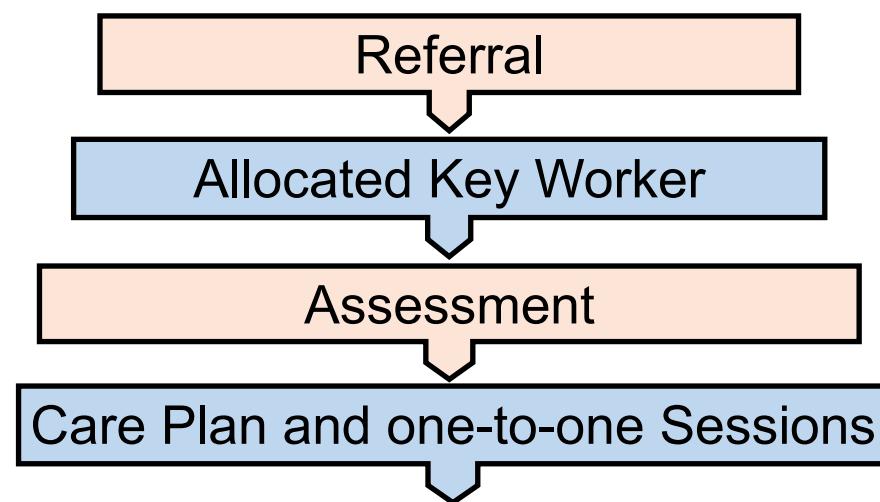
This booklet provides definitions for alcohol consumption at increasing risk and high-risk levels; binge drinking and dependent drinking. It also provides information about alcohol units and guidelines, tips and suggestions for cutting down and lots of other useful information to help you to support others to reduce their drinking.

How to Refer

If you are working with someone who is concerned about their drinking there are two ways they can refer into the service:

- You can encourage them to call us on **01246 206514** to refer themselves into the service, or
- If you work for an organisation, you can make referral on someone's behalf however, you **MUST** have their consent before doing so.

You can then call us, or use our referral form on our website located in our leaflets section. This form has details of a secure email address to send the referral. We will then contact the person, however if they do not respond we will write to you, directly, to inform you.



The '4 A's' Intervention Approach

Ask

Take the opportunity to ask.
Consider linking to presenting issue.
You mentioned that...May I ask?
Do you drink at all?
Ask permission – can we talk about it?

Assess

Assess and respond sensitively to readiness to change.
Calculate units, if willing.
Leave the door open for another time to talk.

Advise

Give messages about the benefits of change.
Provide tips about how they can achieve them e.g. cutting down, switching drinks.

Assist

What could you do to further assist?
Can you share any local information about things that may help?
Can you sign / post on to other services?

UK Alcohol Guidelines



Men
14 units
per week



Women
14 units
per week

It is best to spread your drinking evenly over three or more days. For example, a drinking week could be:

Mon	Tues	Wed	Thur	Fri	Sat	Sun
						

How much is 14 units?

	6 x pints of lower strength beer or lager at 4% (2.3 units each)	14 Units
	5 x pints of higher strength beer, lager or cider at 5% (2.8 units each)	14 Units
	7 x 500ml bottles of beer, lager or cider at 4% (2 units each)	14 Units
	6 x 175ml glasses of wine at 12% (2.1 units each)	14 Units
	7 x double measure (50ml) spirit at 40% (2 units each)	14 Units

Alcohol Units

Units are a simple way of expressing the quantity of pure alcohol in a drink. One unit equals 10ml of pure alcohol, which is around the amount of alcohol the average adult can process in an hour.

The number of units in a drink is based on the size of the drink, as well as its alcohol strength. For example, a pint of strong lager contains 3 units of alcohol, whereas the same volume of low-strength lager has just over 2 units. For further information on units see page 5.

Calculating Units

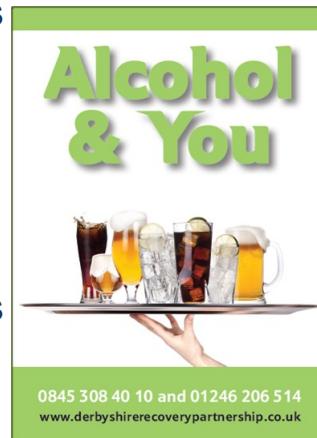
Keeping track of drinking and unit consumption helps with controlling drinking. There are a number of tools provided by DAAS which can help calculate units including:

- Wheels for calculating units
- Drink Diaries
- Alcohol and You Booklet

To request any of the above send us an email to training@daas.uk.com.

Calculating Units using Apps

Free Apps for calculating units can be downloaded by visiting nhs.uk/oneyou/apps or alcoholchange.org.uk.



Starting Conversations

Taking the opportunity to raise the issue of alcohol when you can is important. To help you with this, listed below are some phrases / sentences often referred to as 'door openers' which can help start the conversation:

- **You mentioned that...**
- **Why do you think that is?**
- **Have you thought why this may have happened?**
- **What do you know about...?**
- **Would you like to know more about...?**
- **Do you drink at all?**
- **If you've got the time...**
- **I wondered if we could talk about how you feel your drinking?**
- **We are talking to everyone about alcohol this week... do you drink at all?**
- **We are raising awareness about alcohol this month...**
- **I'm a little concerned about...**



Tips for Cutting Down

Here are some tips for cutting down:

When out....

- Avoid drinks before going out
- Keep out of rounds and slowly avoid heavy drinker
- Space the drinking out and sip drinks slowly
- Alternate drinks with soft drinks or water
- Only take a certain amount of money out
- Know how to get home and decide on a time to go home and keep to it



When at home....

- Don't buy it
- Reduce the units buy a low strength ABV% drink
- Keep busy and do other things
- Put less in the glass and use smaller glasses
- Start drinking later in the day / finish earlier
- Consider dinner / weekend only drinking, but remember spread the drinking out evenly



Warning: Anyone experiencing sweating, shakes anxiety or hallucinations should seek medical advice before reducing down or stopping drinking.

Alcohol Unit Guide

The following guide provides information about popular drinks and their units:

Wine	Measurement	ABV	Units
Small Glass of Wine	125ml	13%	1.6
Medium Glass of Wine	175ml	13%	2.3
Large Glass of Wine	250ml	13%	3.3
Bottle of Wine	75cl/750ml	13%	9.8

Cider	Measurement	ABV	Units
Regular Cider	568ml - Pint	4.5%	2.6
Regular Cider	2 Litre - Bottle	5%	10
Strong Cider	500ml - Can	7.5%	3.8
Strong Cider	2.5 Litre - Bottle	7.5%	18.8

Lager / Beer	Measurement	ABV	Units
Standard Lager / Beer	275ml - Bottle	4%	1.5
Standard Lager / Beer	440ml - Bottle	4%	1.7
Standard Lager / Beer	330ml - Can	5 %	1.7
Standard Lager / Beer	568ml - Pint	5%	2.8
Super Strength Lager	440ml - Can	7.4%	3.3

Spirits	Measurement	ABV	Units
Pub Measure	35ml	40%	1.4
Single Measure	25ml	40%	1
Double Measure	50ml	40%	2
Vodka, Gin, Light Rum	70cl/700ml - Bottle	37.5%	26
Whisky, Brandy, Dark Rum	70cl/700ml - Bottle	40%	28

Alcohol Misuse

Most people can enjoy a glass of wine with food and drink moderate amounts of alcohol in social settings without any problems. People who **misuse alcohol** however, often drink too much on occasion, and their drinking habits may result in risky behavior and poor judgment.



A person may be misusing alcohol if they are:

- **Drinking above 14 units of alcohol a week.**
- **Experiencing negative effects associated to their drinking.**
- **Failing to fulfil work, family or social obligations, as a result of recurrent drinking.**
- **Regularly experience problems with the law.**
- **Regularly having accidents.**

Even small amounts of alcohol will impact on physical health and the way people behave. The short and long-term effects of alcohol can affect your body, lifestyle and your mental health.

Benefits of Cutting Down

Here are some examples of the benefits of cutting down:

Family life....

- Improved relationships with partners, children and other family members
- Less likely to get into arguments
- More likely to positively influence children's views



Health....

- Weight lost, better physical shape and more energy
- Better sleep patterns
- Reduced risk of developing cancer, heart disease, brain damage and other health problems
- Less likely to suffer with mental health



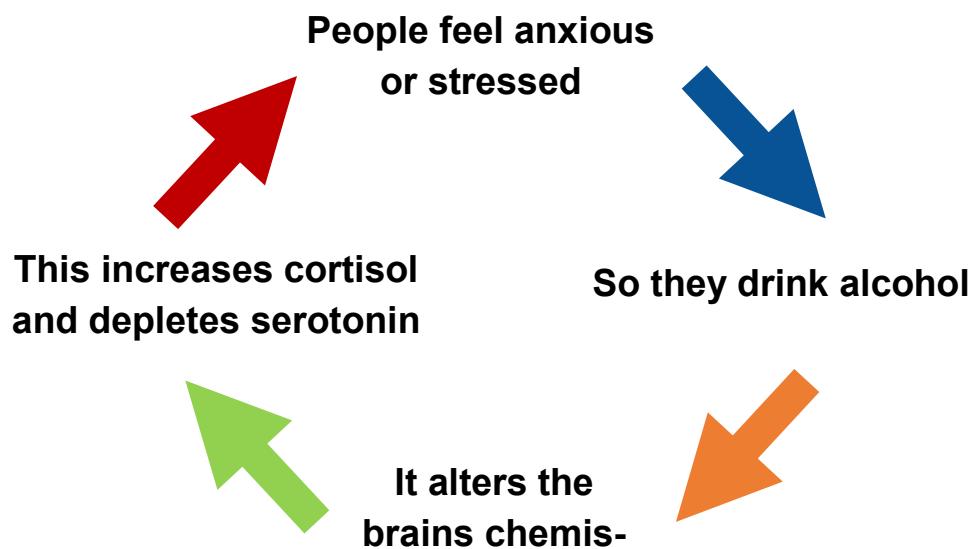
Other benefits....

- Less likely to be placed in vulnerable situations
- More money
- Being able to remember a night out
- Less regrets
- Less likely to be involved in situations leading to arrest
- Reduced risk of drink driving



Alcohol and Mental Health

Some people drink alcohol in an attempt to cope with feelings of depression, anxiety or stress. People can be drawn to the sedative or relaxing effects of alcohol as a kind of medication, helping to escape from uncomfortable feelings. While alcohol may temporarily relieve some of the symptoms of these feelings in the short term, it ultimately serves to **worsen depression, anxiety and stress on a long-term basis.**



Alcohol Dependency

People who are alcohol-dependent exhibit some or all of the following characteristics:

A strong, often uncontrollable desire to drink

People who drink heavily and regularly will experience cravings and a strong compulsion or desire to drink.

Building up of a tolerance to alcohol

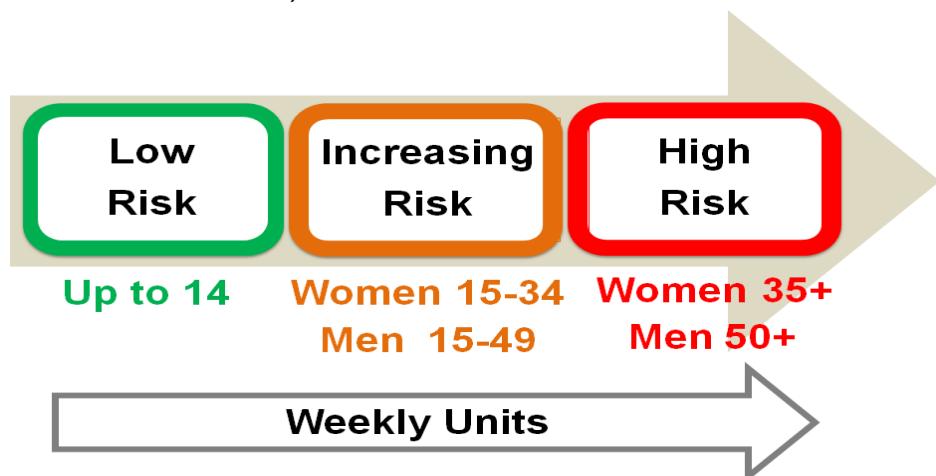
Alcohol is a drug and building up a tolerance is a physiological response we have when we regularly drink. The more you consume, the more you need to consume to have the same effect. An example of this, would be someone who is drinking two cans of lager every night increasing to six, to achieve the same feeling.

Withdrawal symptoms when stopping

The constant exposure to drink causes the body to adapt to the presence of alcohol, and if a person stops or significantly reduces the use of alcohol, this can result in a range of unpleasant and sometimes dangerous withdrawal symptoms. Anyone experiencing sweats, shakes, anxiety or hallucinations should seek medical advice before reducing down or stopping drinking.

Alcohol Risk Levels

Regularly drinking over 14 units a week, increases the risk of developing more serious long-term health problems. There is no completely safe amount of alcohol, the more alcohol consumed, the more the risks are increased.



What does this mean?

Lower Risk: If a person's drinking falls within the weekly unit guidelines, there is a fairly low risk of developing an alcohol-related illness.

Increasing Risk: If a person's drinking regularly exceeds the weekly unit guidelines this will increase risks of developing health problems.

High Risk: If a person's drinking regularly falls into this group they become high risk of developing health problems.

Alcohol and Calories

Alcohol can contain a lot of calories, cutting down can help weight loss and reduce the risk of other health problems.

Alcohol can cause weight gain in three ways:

- It stops the body processing fat because the liver prioritises processing alcohol first as it's a toxin!.
- Your liver cannot process glucose as well. This leads eventually, to feelings of hunger and often people make poor food choices.
- Finally, alcohol can be high in sugar and carbs.

Examples of Calories in drinks:

Drink Type	Serving Size	Calories
Alcopop	Bottle 275ml	156 - 206
Cider	regular/Strong Pint	210 / 250
Cream Liqueur/Sherry	Glass 50ml	175 / 68
Lager / Ale / Bitter	Standard/Strong Pint	170 / 227
Low Alcohol Lager	Regular pint	60-80
Prosecco	Glass 125ml	80
Vodka /Gin / Bacardi	Single 35ml	74 (mixer 130)
Whisky / Brandy	Single 35ml	85 (mixer 141)
Wine - Red / White	Standard 175ml	130

Alcohol and Pregnancy

If pregnant or thinking of becoming pregnant, the safest approach to keep any risks to the baby to a minimum is to not drink alcohol.

If alcohol has been drunk in early pregnancy, official advice states in most cases it is unlikely the baby will have been affected. It is important however to stop drinking when the pregnancy has been confirmed.

Drinking Alcohol when pregnant carries the following risks:

- Increased risk of miscarriage / still birth
- Fetal Alcohol Syndrome Disorder
- Premature birth
- Small birth weight



Drinking alcohol can also affect the following:



- Makes women less fertile
- Lowers male testosterone levels
- Affects sperm quality and quantity
- Also reduces libido and causes impotence



Drinking alcohol at any stage during pregnancy increases the risk of harm to the baby.

Audit Tools

Audit tools are a good way of calculating an individuals alcohol 'risk level' and include questions on:

- amount and frequency of drinking
- alcohol dependence
- problems caused by alcohol.

There is a variety of different audit tools, including :

- Full audit - very thorough
- Audit PC - for GP surgeries and other primary care
- FAST - quick, designed for A&E
- Audit C - quickly identifies alcohol harm
- M SASQ - Single answer screening question

For up to date Audit Tools visit: www.gov.uk/government/publications/alcohol-use-screening-tests

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Audit C - is a commonly used Audit.

Scoring:
A total of 5+ indicates increasing or higher risk drinking.
An overall total score of 5 or above is AUDIT-C positive.



Binge Drinking

Binge drinking usually refers to drinking a large amount of alcohol in a short space of time, or drinking to get drunk. In the UK binge drinking is drinking more than:

8 units per session



6 units per session



This is not an exact definition that applies to everyone, as tolerance to alcohol varies from person to person. The speed with which alcohol is drunk will also alter alcohol effects.

Risks related to binge drinking:

- **short-term effects include hangovers, drowsiness, being sick, diarrhea, dehydration and headaches.**
- **misjudging risky situations and having accidents resulting in injury (causing death in some cases).**
- **losing self control e.g. engaging in unprotected sex.**
- **effects to the body's automatic functions, such as breathing, heart rate and the gag reflex (which prevents you from choking).**
- **unconscious and hypothermia (causing death in some cases).**

Binge Drinking - Reduce the Risks

To keep risks from binge drinking to a low level the governments advice is as follows:

- Limit the total amount of alcohol you drink on any single occasion
- Drink more slowly
- Drink with food
- Alternate alcoholic drinks with water
- **PLAN** ahead to avoid problems for example, make sure you can get home safely and you have people with you who you can trust.



To better understand reasons for drinking, it can be good to keep a drinks diary (see overleaf). A template for a drinks diary can be downloaded by visiting daas.uk.com.

For further information on how people can track their drinking, and apps which can be downloaded to do so, visit nhs.uk/oneyou or alcoholchange.org.uk.