

# ALCOHOL

People are all different. We have different levels of alcohol tolerance and react in different ways. Most of us drink with friends because it's fun. Drinking alcohol makes some people happy and excited while others become tired, aggressive or depressed. Most people can tell when it's time to stop drinking, but others find it hard to set limits. Alcohol consumption can affect your health partly due to regular alcohol intake which can lead to long-term effects on the organs of your body, and partly due to high consumption on individual occasions, known as drinking to intoxication or binge drinking.

At-risk alcohol use is when your alcohol consumption can affect your health but there is no such thing as a safe level of alcohol consumption.

## CHECK YOUR CONSUMPTION

Write down the number of standard glasses you drink in a week. Then add up the number of glasses.

	Low-alcohol beer 2x33 cl	Medium-strength beer 50 cl can	Strong beer 33 cl bottle	Wine 12-15 cl glass	Strong spirits 4 cl glass
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>Total</b>					

Compare your totals with the guidelines on at-risk use. Whereabouts are you? If your alcohol consumption shows that you are at risk, fill in the table for another week and see what opportunities you have to make changes. Where can you cut down?

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Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>Total</b>					

What is your relationship with alcohol?



## GUIDELINES

### AT-RISK USE, REGARDLESS OF GENDER

*High average consumption*

10 or more standard glasses/week

*Heavy drinking*

4 or more standard glasses on the same occasion, once a month

### Examples of a standard glass are



12-15 cl wine\*\*  
2x 33 cl low-alcohol beer  
50 cl medium-strength beer  
33 cl strong beer

\*\*The amount depends on the strength/alcohol content by volume of the wine

## YOUR AT-RISK LIMIT COULD BE LOWER IF

- you have a health problem that can be affected by alcohol
- you are taking medication
- you are suffering mental health problems
- you have alcohol problems in your family

How much you can drink without being harmed by your alcohol consumption is different for different people. The guidelines should be viewed as general.



## DRINK...

- A glass of water in between each alcoholic drink
- Non-alcoholic alternatives
- Slowly

## DON'T DRINK...

- Because you are thirsty
- On an empty stomach
- If you feel tired, sad or angry. Alcohol will make it worse.

## HIGHER RISK

If you drink alcohol to an at-risk level, there is a **higher risk** of suffering social or health-related problems such as:

- relationship problems
- sleep disorders
- tiredness
- irritation
- headaches
- accidents
- digestive problems
- anxiety
- depression
- high blood pressure
- cancer



## MORE INFORMATION ABOUT ALCOHOL

**[www.1177.se](http://www.1177.se)**

Read under Health and lifestyle /Alcohol and tobacco

**[www.alkoholhjalpen.se](http://www.alkoholhjalpen.se)**

**[www.omssystembolaget.se/alkoholproblematik](http://www.omssystembolaget.se/alkoholproblematik)**

**Alkohollinjen** phone line 020-84 44 48

If you need advice and support, contact your **health centre** or **primary care health unit** 0470-59 22 90