



Look after yourself: drink less alcohol



Table of contents

Introduction	4
What drinks have alcohol in them	6
Did you know?	7
What happens if you drink too much?	8
How alcohol can damage your body	9
Information to remember	11
Who can help you	12

This is easy read document is for people who want help to stop drinking or cut down.

- It will tell you what drinks have alcohol in them.
- It will tell you what happens if you drink too much alcohol.
- It will help you understand how alcohol impacts your health.
- It will tell you who can support you to stop drinking or cut down.



There is nothing wrong with having a drink, if you drink in a sensible way.

However, drinking too much alcohol can make you ill.

In this easy read document, you will find out:



- What drinks have alcohol in them.



- What happens if you drink too much.



- How you can cut down or stop drinking.



If you want to stop drinking
you need to ask for help.



You need a plan to help you to
stop drinking or to cut down.

What drinks have alcohol in them?



Some drinks contain more alcohol than others.

These drinks all have alcohol in them:



- **Beer, lager or cider.**



- **Wine and alco pops.**



- **Spirits like whisky and vodka.**



People use the word unit to say how much alcohol there is in a drink.

Did you know?



It can be dangerous to mix alcohol and drugs.

Ask your doctor if it is safe to drink alcohol with your medication.



Drinking alcohol when you are pregnant could harm your baby.



There are lots of calories in alcohol.

Drinking a lot can make you put on weight.



Alcohol costs a lot of money.

What happens if you drink too much?



When you drink alcohol it can make you feel good but as you drink more you can start to:

- Lose control
- Have an argument or a fight



If you get drunk you might:

- Fall over and hurt yourself
- Forget what you have done
- Feel sick or be sick



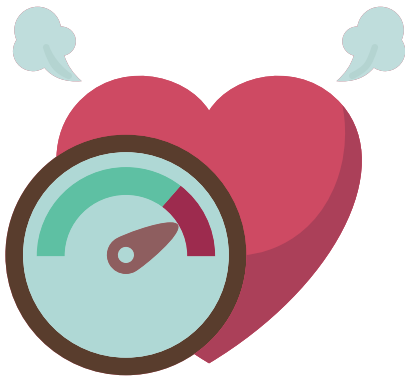
If you drink too much alcohol over a long time it can make you very ill.

Alcohol can damage your body in lots of ways



Brain -

Drinking too much alcohol can make you forget things.



Heart -

Alcohol increases your blood pressure. This can make your heart beat faster.



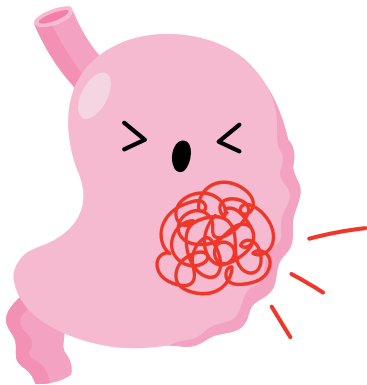
Bowels -

Alcohol can give you the runs.



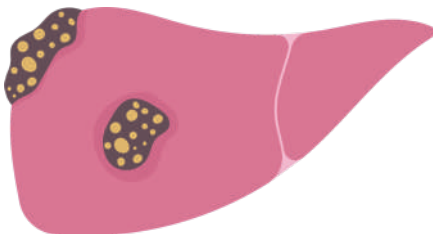
Kidneys -

Alcohol makes you wee more often. This can dry your body out if you don't drink a lot of water.



Stomach -

Alcohol can cause ulcers.



Liver -

Alcohol can damage your liver.



Reproductive System -

Alcohol can make it more difficult to have babies.

Information to remember



Men should not drink more than 3 or 4 units a day.



Women should not drink more than 2 or 3 units a day.



You should have 2 days every week when you do not drink alcohol.

Who can help you



If you need some support to drink less, you can talk to LiveWell Dorset.

Your doctor, nurse or a carer or friend can help you do this.

Telephone: 0800 840 1628

<https://my.livewelldorset.co.uk/register>



You can talk to a LiveWell advisor – a person trained to help other people become healthier.

They will give you some tips and tools to manage your drinking.

Drink less
and lead a happier,
healthier life

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LiveWellDorset