

# What's your alcohol score?

## Scoring system



## How often do you have an alcoholic drink?



Place your score in the box...

## How many units of alcohol do you consume on a typical day when drinking? (Unit information previous page)



Place your score in the box...

## How often do you consume six or more alcoholic drinks on one occasion?



Place your score in the box...

## Score

what's your total score...  
If you score 5 or more  
see your GP as this  
indicates increasing or  
higher risk drinking.

# Where to get help

## Aspire

Rosslyn House, 37 Thorne Road, Doncaster DN1 2JH.

This new integrated service aims to help Doncaster people who need information, support or treatment with their substance or alcohol misuse. Clients can self-refer, or their family, carer, GP or any other professional can refer them with their consent.

Opening hours for drop-ins:  
Tues and Fri 11am - 5pm  
Mon and Thurs 11am - 7pm  
Tel: 01302 730956

## New Beginnings

New Beginnings is a structured day care programme and inpatient detox facility with six beds, based on cognitive behavioural restructuring within a therapeutic environment which involves group work and one to one sessions. Clients attend approximately 15 hours per week.

New Beginnings is available to adults aged over 18, and the referral pathway is from Rosslyn House, Shared Care, criminal justice or other specialist.

Tel: 01302 571240 for further information or to arrange a visit.

If you think you may have a problem with your drinking, contact your GP or call Aspire on 01302 730956.



# Every Unit Counts!



A guide to help you understand units of alcohol and recommended limits



**Doncaster**  
Metropolitan Borough Council

# Drinking and YOU

It's not unusual to want to take a little time out and have a drink or two. The problem with alcohol is that sometimes one drink can very easily lead to another. Before you know it, you might have drunk more than you intended.

There are plenty of positive things about having a drink. It helps you unwind and relax and it's enjoyable to do with friends. But regularly drinking more than the recommended daily amount of units has its risks.

NHS advice on drinking recommends you are safest not to drink regularly more than 14 units per week. This is to keep health risks from drinking alcohol to a low level. If you do drink as much as 14 units week it is best to spread this evenly across the week.

## Alcohol units



The Chief Medical Officer (CMO) guidance is that pregnant women should not drink any alcohol at all. If you are pregnant or planning pregnancy, the safest option is not to drink alcohol. This is to keep the risks to your baby to a minimum. The more you drink the greater the risk to your baby.

You may want to keep track of what you drink in a day or an evening, and count your units. Be aware of the health and personal safety risks you face if you go over the NHS recommended limit – this will help you make an informed choice as to how and when you drink.

## Alcohol's Effects on the Body

Drinking too much on a single occasion or over time can take a serious toll on your health. Here's how alcohol can affect your body.

### Brain

Headaches, blackouts, delusions, paranoia, forgetfulness, impaired judgement, decline in IQ, dementia, epileptic fits, vitamin deficiency, haemorrhage, nerve damage (peripheral neuritis), chronic memory disorder (Korsakoff's psychosis) and death.

### Nervous system

Alcohol has a toxic effect on the nervous system and can cause Peripheral Neuropathy, a degeneration of the nervous system supplying information to limbs.

### Gullet

Alcohol has a corrosive effect & a risk of cancer.

### Lungs

People who suffer with alcohol dependence are more likely to get pneumonia and acute respiratory distress syndrome (ARDS) than those who don't.

### Heart

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including Cardiomyopathy (stretching and drooping of heart muscle), Arrhythmias (irregular heart beat), stroke, high blood pressure and anaemias due to decreased absorption of vitamins.

### Liver

The liver is an organ that takes the most abuse from alcohol breaking down 90% of alcohol consumed. Complications include: fatty liver (Steatosis), Alcohol hepatitis and Cirrhosis.

### Fingers

Pins and needles.

### Stomach

Gastric, peptic ulcer (direct corrosive effect).

### Pancreas

Drinking large quantities of alcohol can cause pancreatitis (inflammation of the pancreas), bad digestion, malnutrition, early diabetes.

### Intestines

Inflammation (corrosion from alcohol).

### Sweat glands

A small amount of alcohol escapes via your sweat glands 2-6%.

### Sex organs

Men - impotence, low sperm counts and breast growth.  
Women - fertility problems.

### Muscles

Degeneration, weakness and pain.

### Bones

Degeneration - risk of fracture.

