Whitewater Health

July 2025

**Patient Participation Group**

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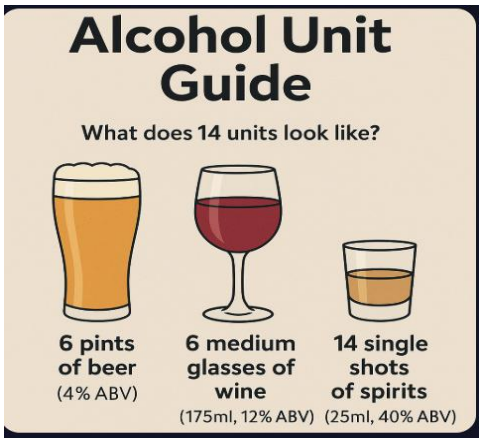
## Know Your Limit!

Woven into our social lives - a pint at the pub, a champagne celebration – alcohol is an ingrained British tradition but has led the United Kingdom to have one of the highest rates of alcohol consumption in Europe. Excessive drinking quietly chips away at your health, putting you at risk of liver disease, heart problems, and even certain cancers.

In the UK, guidelines advise no more than **14 units per week** for both men and women — spread across several days, with alcohol-free days in between.

**What does 14 units look like?**

- **6 pints of beer** (4% ABV)
- **6 medium glasses of wine** (175ml, 12% ABV)
- **14 single shots of spirits** (25ml, 40% ABV)




While the limits may not seem particularly generous over a week, many people unknowingly exceed them through casual drinking habits - after-work pints, weekend gatherings, or even a quiet night in with a bottle of wine.

Over time, excess alcohol consumption can lead to **high blood pressure, weakened immunity, digestive issues, and mental health struggles**. It's not just about long-term effects either; alcohol affects judgment and reaction times, increasing the risk of accidents, injuries, and reckless behavior.

To stay in control: □ **Track your intake** using apps or unit calculators □ **Pace yourself**, opting for water between drinks □ **Choose lower-strength options** or alcohol-free alternatives □ **Plan alcohol-free days** to give your body a break

**Alcohol moderation isn't about restriction—it's about making informed choices that protect your health without compromising enjoyment. Be mindful today to ensure a stronger, healthier tomorrow.**

Concerned about you or someone elses' drinking; a good first step is to see your GP. There are also a number of charities and support groups providing support and advice:

- **Inclusion Recovery Hampshire** – www.inclusionhants.org/ : website for alcohol support
- **Drinkline;** the national alcohol helpline. Confidential advice on 0300 123 1110
- **Alcoholics Anonymous (AA);** free, self-help groups. Helpline on 0800 9177 650
- **Alcohol Change UK**; educational resources to help you change your drinking habits
- **Mind:** Mental Health charity offering resources and contacts for alcohol addiction
- **Al-Anon Family Groups** helpline on 0800 0086 811

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**PPG Contact Details**:

*(Please Note: The PPG is unable to deal with any medical or personal matters)*

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