

## TIPS ON CUTTING DOWN<sup>9</sup>

■ Stay hydrated

- Keep a **record** of how much you are drinking
- Try a **new** drink e.g. soft drink
- **Habit** forming - quit associations with drinking
- **Slow down** - Recognise when you're drinking too much too fast!

## HOW TO TREAT ALCOHOLISM<sup>10</sup>

**STEP 1:** Acknowledge there is a problem

**STEP 2:** Seek help from a **healthcare professional**, like your GP or local alcohol support services

**STEP 3:** There are different stages of treatment, but a key stage is **Detoxification** - This involves stopping drinking completely so your body can adjust to being without alcohol.

Ongoing treatment involves **Psychological & Psychosocial** therapy, which help you understand your attitude towards drinking e.g. **CBT - Rehabilitation**

## ADVICE & SUPPORT

If you are concerned about the amount of alcohol that you are drinking, don't be afraid to ask for help! The following services can provide you with help, advice and support:

- **Alcohol Anonymous - 0800 9177 650**
- **SMART Recovery - 0330 053 6022**
- **Or visit [www.nhs.uk/live-well/alcohol-support/](http://www.nhs.uk/live-well/alcohol-support/)**

Speak to friends & family

You are not alone.. reach out to others!

Join a support group

### REFERENCES

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# The Truth About ALCOHOLISM

Alcohol is the oldest and most widely used drug in the world. Millions of people consume alcohol daily... but when do you classify a person as dependent and what can it do to you when abused?



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Common Diseases

21st March 2019



Department of Health

# HOW MUCH IS TOO MUCH?



UNIT GUIDELINES ARE NOW THE **SAME** FOR **BOTH** MEN & WOMEN. IT IS ADVISED BOTH DO NOT REGULARLY EXCEED **14 UNITS PER WEEK**<sup>5</sup>

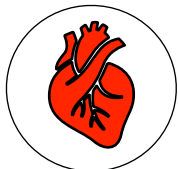
## WHAT DOES A UNIT LOOK LIKE?<sup>6</sup>

Try to spread these units across your week!

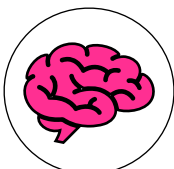


# DON'T GAMBLE WITH YOUR HEALTH

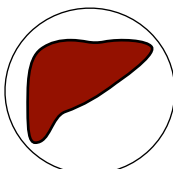
REGULARLY DRINKING OVER THIS LEVEL OF ALCOHOL CAN LEAD TO:<sup>1,2,7</sup>



HEART DISEASE



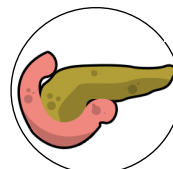
STROKES, WERNICKE-KORSAKOFF SYNDROME & OTHER PSYCHOLOGICAL ISSUES E.G. DEPRESSION



LIVER DISEASE CIRRHOSIS



CANCERS E.G. LIVER, BOWEL, MOUTH



PANCREATITIS

ALCOHOL IS A CAUSAL FACTOR IN MORE THAN **60** MEDICAL CONDITIONS<sup>7</sup>

- There was an estimated **1.13 million** hospital admissions related to alcohol consumption, which was **67%** higher than the last 10 years in England 2016/17.<sup>8</sup>
- In this same period, there were **337,000** admissions to hospital for conditions directly caused by alcohol - **17%** greater than the last 10 years.<sup>8</sup>



# DID YOU KNOW?



THERE IS NOT ONE SINGLE CAUSE FOR ALCOHOLISM

## KEY DEFINITIONS:<sup>1</sup>

### DEPENDENCE

... is diagnosed when you have withdrawals and are unsuccessful in controlling consumption

### ABUSE

... is diagnosed by alcohol interfering in normal day to day activities e.g. work

### ALCOHOLISM

... refers to dependence on alcohol. The person has a strong desire for alcohol and is unable to control drinking

## RISK FACTORS<sup>2</sup>



## KEY FACTS:<sup>2,3,4</sup>

**7.5 MILLION** ALCOHOLICS IN THE UK



THATS **6.5%** OF THE POPULATION...



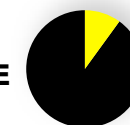
....ONLY **10%** OF THESE PEOPLE ARE RECEIVING TREATMENT



COSTING OUR SOCIETY OVER **£21 BILLION**



**3.3 MILLION** ALCOHOL-RELATED DEATHS WORLDWIDE EACH YEAR



THATS **6.5%** OF THE POPULATION...

**10 MILLION** DOCTOR RELATED TRIPS EACH YEAR



**25% DEATHS** BETWEEN AGES 20-39 ARE ALCOHOL RELATED

**ALCOHOLISM IS THE 3<sup>RD</sup> LEADING PREVENTABLE CAUSE OF DEATH IN THE UK!**