

A large, stylized purple graphic of a glass, possibly a martini glass, with a wide rim, a narrow stem, and a circular base. The text is centered within the bowl of the glass.

**ALCOHOL
AWARENESS
WEEK**

19th-25th November 2012

Check if you need to cut back with this simple self-test. Circle the answer that best fits you over the last year.

Scoring System	0	1	2	3	4	Your Score
How often do you have a drink containing alcohol? (This includes tonic wines or alcohol added to hot drinks)	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking? 'One drink' is rarely 'one unit' of alcohol so use our unit calculator across the page to help	1-2	3-4	5-6	7-9	10+	
How often have you had 6 or more units if female, or 8 or more units if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
					Total Score	



50ml double spirits
40% abv

2 units
78 kcals



Pint of lager/cider
5.2% abv

3 units
244 kcals



Large glass of wine
13% abv

3.3 units
185 kcals



Can strong lager/cider
9% abv

4.5 units
330 kcals



Bottle of Wine
13% abv

9.8 units
555 kcals

Find out if you need to cut back over the page...

Online calculator www.drinkaware.co.uk

Find out today if you need to cut back

Total Score 0-4: You are drinking in a way that is unlikely to harm your health.

Total Score 5-12: Your drinking is putting you at increased risk of serious illness.

You could be:

- Up to five times more likely to get cancer of the mouth, throat or neck
- Twice as likely to have an irregular heartbeat
- Three times more likely to have a stroke
- Ten times more likely to get liver cirrhosis
- Up to three times more likely to get pancreatitis
- Four times more likely to have high blood pressure as a man
- Twice as likely to have high blood pressure as a woman
- 1.5 times more likely to get breast cancer as a woman

Text **DRINK** to **87085** for a free and confidential self-help guide or call Drinkline **0800 917 8282**

The NHS recommends that **women** should not regularly drink more than **2-3 units a day** and **men** should not regularly drink more than **3-4 units a day**. In pregnancy, no alcohol = no risk.