

# Joydens Wood Pharmacy

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## Opening Times

Monday 9am - 6.30pm  
Tuesday 9am - 6.30pm  
Wednesday 9am - 6.30pm  
Thursday 9am - 6.30pm  
Friday 9am - 6.30pm  
Saturday 9am - 4.00pm  
Closed for Lunch 1pm - 2pm

## Your FREE Healthy Living Leaflet for January 2020

1. What is the maximum number of units of alcohol an adult should drink per week?
2. What percentage of adults in England drink over this limit?
3. How many alcohol related deaths were there in the UK in 2016?
4. How many units of alcohol are there in a pint of beer?
5. How many units in a shot of a spirit (ABV 40%)?
6. How many units in a 750ml bottle of wine with an ABV of 13.5%?
7. What does ABV mean?
8. What are the signs that somebody may be drinking more than they should?
9. How many calories are there in a pint of beer?
10. How many carbs are there in a bottle of Guinness?



31 DAYS OF A BETTER YOU

### Answers on the bottom of page two

### Why is alcohol a problem?

January is the classic time when you start those favourite resolutions of eating less, doing more exercise and stopping smoking. January has also become popular with people deciding to stop drinking all month, so why is alcohol a problem?

24% of adults in England and Scotland regularly drink over the Chief Medical Officer's low risk guidelines (14 units per week) and 27% of drinkers in Great Britain binge drink on their heaviest drinking days (over 8 units for men and over 6 units for women).

In the UK in 2016 there were 9,214 alcohol related deaths and this was highest in people aged 55-69. In 2017 there were 7,697 alcohol specific deaths which is the highest level since 2008. Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 - year olds in the UK and the fifth biggest factor across all ages.

### Recommended alcohol limits for men and women

**14** units of alcohol a week, which is:



**6** pints of beer (4% strength) OR



**7** glasses of wine (11.5% strength, 175ml) OR



**14** single shots of spirits (40% strength)

Source: Chief Medical Officers

BBC

P.T.O

## Alcohol and health

Alcohol is a casual factor in more than 60 medical conditions including mouth, throat, stomach, liver and breast cancer, high blood pressure, cirrhosis of the liver and depression. In England in 2017/18 there were an estimated 1.2 million hospital admissions related to alcohol consumption (7.2% of all hospital admissions)

It is important if you want to assess if you are drinking more than is recommended that you record what volume you drink, how often and what the number of units of alcohol there are in various types of alcohol.

The strength of alcohol in a drink is measured as ABV or alcohol by volume so if a wine says the ABV is 12% it means 12% of the volume of that drink is alcohol. You can calculate the number of units in any drink by multiplying the strength (ABV) by the volume and dividing by 1000

For example, to work out the number of units in a pint of strong lager multiply the volume (568ml) by the strength (ABV) 5.2% and divide by 1000 giving a result of 2.95 units. There is 1 unit in a small shot of spirit, 2.1 units in a small glass of wine and 10 units in a 750ml bottle of wine.

On top of this, if one of your new year resolutions is to lose weight, you have to consider how many calories or carbs there are in various alcoholic drinks. A pint of lager (ABV 4%) will have 197 calories, a small glass of wine 159 and a shot of whisky 61 calories. A bottle of Guinness has 14 carbs, a small glass of white wine has 2 carbs and a shot of whiskey has 0 carbs.

According to a UCL study the average English person drinks 21 units per week which equates to 1815 calories which means the average person could lose about 27lb (12Kg) by going T total for a year.

## What are the signs of drinking too much?

Realising you have a problem with drinking is the first big step to getting help. You may need help if:

- ♦ You often feel the need to have a drink
- ♦ You get into trouble because of your drinking
- ♦ Other people warn you about how much you are drinking
- ♦ You think your drinking is causing you a problem.

A good place to start is with your GP. Try to be accurate and honest about how much you drink and any problems it may be causing you. If on the other hand you just want to cut down on your drinking, it is a good idea to only drink on two or three days of the week, alternate alcoholic drinks with water and make drinks last longer.

**For more information or help speak to a member of our trained team**

1 UNIT	1.5 UNITS	2 UNITS	3 UNITS	9 UNITS	30 UNITS
 Normal beer half pint (284ml) 4%	 Small glass of wine (125ml) 12.5%	 Strong beer half pint (284ml) 6.5%	 Strong beer Large bottle/can (440ml) 6.5%	 Bottle of wine (750ml) 12.5%	 Bottle of spirits (750ml) 40%
 Single spirit shot (25ml) 40%	 Alcopops bottle (275ml) 5.5%	 Normal beer Large bottle/can (440ml) 4.5%	 Large glass of wine (250ml) 12.5%	Government advises alcohol consumption should not regularly exceed:  Men 3-4 units daily  Women 2-3 units daily	
			 Medium glass of wine (175ml) 12.5%		

Source: ONS, NHS

Answers: Q1, 14 units. Q2, 24%. Q3, 9214. Q4, 3 units in a strong lager or 2 in a low strength one. Q5, 1 unit. Q6, 10 units. Q7, Alcohol by volume - is a measure of the amount of pure alcohol in a drink. Q8, They often feel the need for a drink, they get into trouble from drinking, other people warn them they are drinking too much, they think they are drinking too much. Q9, If you have a pint of lager at ABV of 4% it will be 197 calories. Q10, There are 14 carbs in a bottle Guinness.