

Alcohol and the Body

Liver Disease



The liver breaks down 90% of alcohol but can only process a small amount (1 unit) per hour.

Damage to the Liver from alcohol happens in 3 stages

Fatty Liver



Fat forms in the liver
Reversible if liver is given a break.

Alcoholic Hepatitis



Scar tissue starts to form

Reversible if drinking stops

Cirrhosis



Large amount of scarring tissue.

Liver Failure

Kidney Disease



Alcohol changes the way the kidney filters toxins in the blood.

Alcohol is a diuretic and can dehydrate the body. Toxins impair the kidneys' function which may lead to protein in the urine, kidney failure.

Diseased and Enlarged Heart



Fatty deposits (known as Plaque) block and narrow arteries causing them to harden. The heart must work harder and will become enlarged. Function is affected and risk of heart attack increases.

Mental Health



Alcohol changes the way the brain works. It reduces the 'Feel Good Chemical' Serotonin making a person feel



Depressed or Anxious



Alcohol can inhibit the part of the brain that prevents you from getting angry and violent.

Giving up alcohol can be very difficult.



For some going 'cold turkey' can be dangerous, especially in heavy drinkers.

If you are a heavy drinker it's always best to seek medical advice.



Your GP can give you advice and may be able to refer you to counselling or other services.

Going Alcohol Free Improves: -



Immunity



Heart Health



Sleep



Skin



Mood

Safe Night Out Alcohol Awareness



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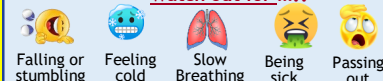
Alcohol is a drug.

Like all drugs alcohol can damage the body. Drinking too much either in short time (Binge drinking) or over a long time can impact on the persons health.

Alcohol Poisoning

Your body can only process a small amount of alcohol per hour, alcohol poisoning **can be serious**.

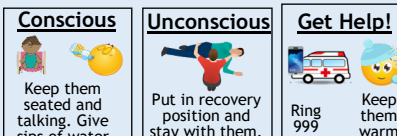
Watch out for.....



SEEK MEDICAL ADVICE IMMEDIATELY!

What To Do When Someone Has Alcohol Poisoning

Stay Calm! Follow these steps ...



Are You Safe Around Roads?

Road Incidents can be caused by drunk pedestrians too.



Alcohol affects depth perception, judgement, and balance. A car maybe closer than you think, be aware around roads

Alcohol numbs pain so a person may not realise they are injured if they fall or get hit
Never put yourself in danger to help others.

How Are You Getting Home?

Make sure you book a taxi!



Only use a reputable taxi firm and don't take lifts from strangers.

Always Book!
If you don't, you are not insured.

What Are You Drinking?

Have you been Spiked?

Drugs are sometimes put into your drink. This can cause loss of body control and memory making you vulnerable.

Be in control of your own drinks!

Don't accept drinks from strangers or people you don't trust. Always keep your drink with you and cover with your hand or spiky (an anti-drink spiking stopper).
Seek help if you suddenly feel unwell. Stay with friends.

How Safe Is Your Cash?

Are you planning to use a cashpoint?



Cashpoints are often in unlit areas and can leave you vulnerable.

Alcohol affects vision, hearing, co-ordination and memory

Put wrong pin in 3 times = lose your card
Keep your phones and cards safely on you. If you need cash, get this out during the day

Further Help and Advice

National Guidelines

The National guidelines to limit alcohol intake are:-

Adults should have alcohol free days and not exceed 14 units per week.

These should not be drunk altogether in a short space of time (Binge Drinking).

Keep track of your drinking by...



ALCOHOL CHANGE Formally known as Alcohol Concern and Alcohol Research UK
0203 907 8480
Contact@alcoholchange.org.uk
www.alcoholchange.org.uk

aquarius 0121 622 8181
www.aquarius.org.uk

Alcoholics Anonymous
www.alcoholics-anonymous.org.uk

Advice and Support for Family and Friends

Adfam www.adfam.org.uk
0203 817 9410
admin@adfam.org.uk

we are withyou Web chat service available
www.wearewithyou.org.uk

AL-ANON www.al-anonuk.org.uk
0800 0086 811

Support for Children and Young People who have Parents with Alcohol Problems

The National Association for Children of Alcoholics

Nacooa Helpline: 0800 358 3456
helpline@nacooa.org.uk
www.nacooa.org.uk

YOUNGMINDS Text YM to 85258
www.youngminds.org.uk

AL-ANON Provide support to teenagers of alcoholic parents through Alateen
Info on nearest meeting
02075932020
www.al-anonuk.org.uk/alateen