



ALCOHOL QUIZ

How much do you know about safe drinking?



1. How many units are in a large glass (250ml) of 12% ABV wine?

- (a) 3
- (b) 2
- (c) 1

2. How many units are in a pint of 3.6% ABV bitter?

- (a) 1
- (b) 2
- (c) 5

3. How many grams of pure alcohol make up a unit?

- (a) 20
- (b) 2
- (c) 8

4. How many units per day does the Chief Medical Officer recommend that men should not regularly exceed?

- (a) 5-6
- (b) 1-2
- (c) 3-4

5. How many units per day does the Chief Medical Officer recommend that women should not regularly exceed?

- (a) 2-3
- (b) 1
- (c) 5-6

6. If you drink over double the recommended limits for lower-risk drinking, how many times more likely are you to suffer from mouth cancer?

- (a) Twice
- (b) 3 times
- (c) 5 times

7. How many years does a man dying from alcohol-related causes lose from his life?

- (a) 5
- (b) 20
- (c) 10

8. Are the following statements TRUE or FALSE?

(a) Women who exceed the lower-risk limits for regular drinking increase their risk of breast cancer by a quarter.

(b) If you regularly exceed your lower-risk limits you increase the risk of having a stroke through high blood pressure.

(c) It is safer to avoid alcohol if you are trying to get pregnant.

(d) Alcohol is a stimulant.

1. a, 2. b, 3. c, 4. c, 5. a, 6. c, 7. b, 8. a) False – they increase their risk by a third, b) True, c) True, d) False – it's a depressant

HOW TO CUT DOWN... TOP TIPS!

Decide on your goal. Do you want to cut down to a set amount? Do you want to avoid binge drinking? Or do you want to quit completely?

Pick a day next week to start cutting down. Go for a day when you are less likely to be under pressure or around alcohol.

Keep a drink diary to stay on track.

Pace yourself. Try drinking slowly or alternating with non-alcoholic drinks when out socially.

Try doing other things away from your usual habits. Go to the cinema instead of the pub.

Do something while you drink. Play darts or pool, or have a dance! This will slow down your alcohol consumption.

Try to have at least two alcohol-free days every week. Always try to give your body a break.

If you've had a stressful day, go for a walk rather than opening a bottle. It will make you feel much better.

Don't give up! It's hard to break a habit and it can be difficult to drink less than you're used to. Give yourself credit for what you have achieved so far. If you do relapse, start again!