

Alcohol and you

Sleep problems
Depression/stress
Money problems
Falls & injuries
Fights
Sets a bad example

Brain damage
Fits
Hallucinations
Alcoholism

High blood pressure
Heart not regular
Less energy
Flabby heart

Liver damage
Cirrhosis (scarred liver)
Cancers

Pancreatitis (pain)

Bad kidneys can't cope with alcohol

Can cause diabetes

Hard to manage diabetes

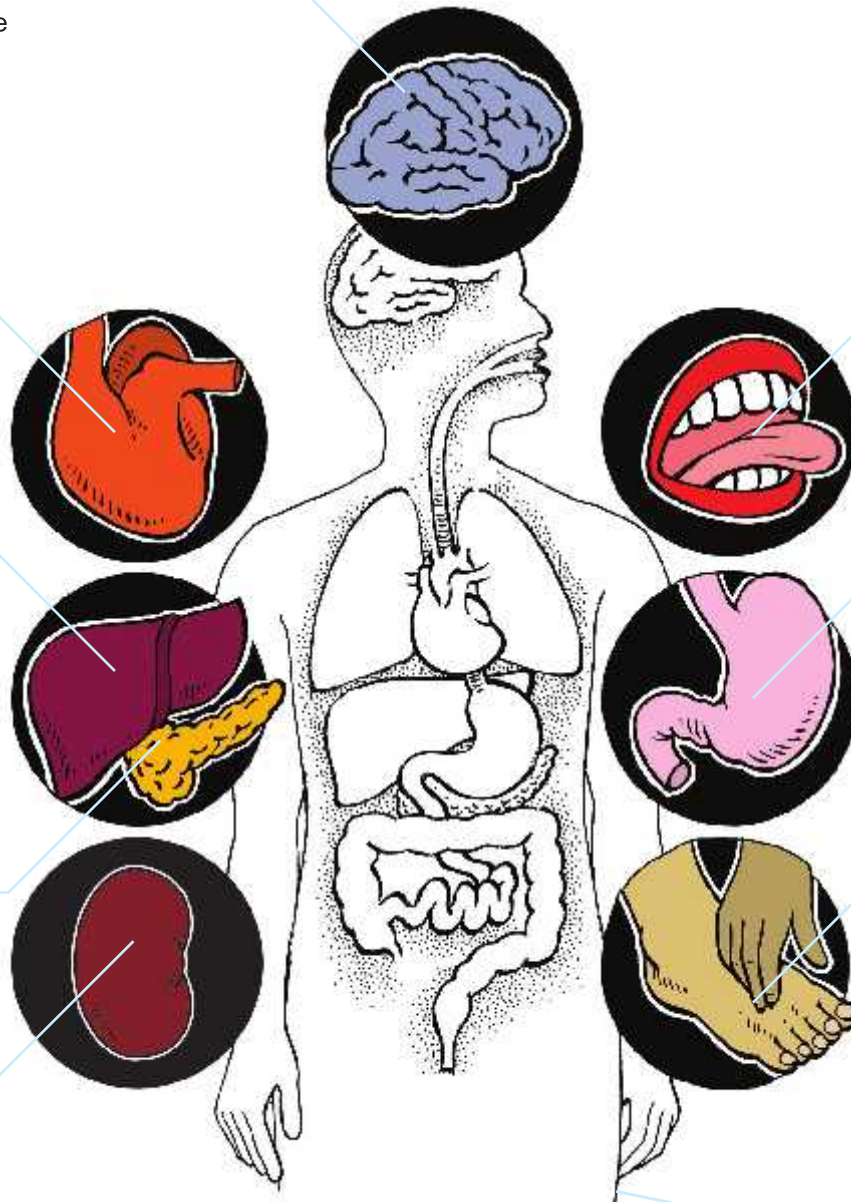
Pain & feeling like vomiting

Vomiting blood

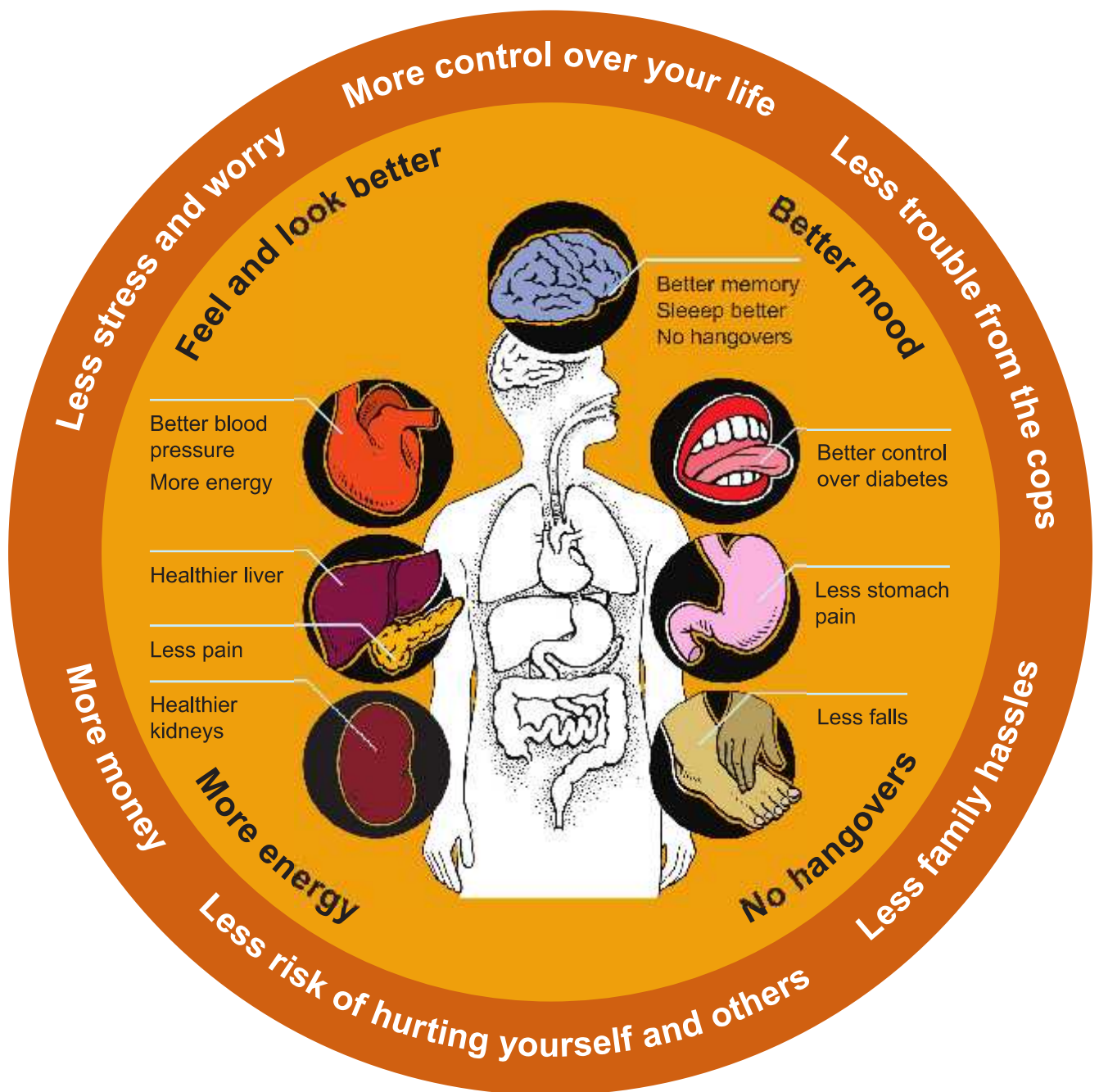
Trembling hands
Numb hands or feet

Unsafe sex:
Infections
Unwanted pregnancy

Impotence in men



Why get alcohol under control?



What's safe for me?

No more than 2 drinks on any one day

So how many beers is that?



= 2 schooners



= 2 cans



= 2 stubbies



= 1 longneck

How many sharing to drink within these limits?



= 9 people



= 10 people



= 6 people

If you drink every day, drink less

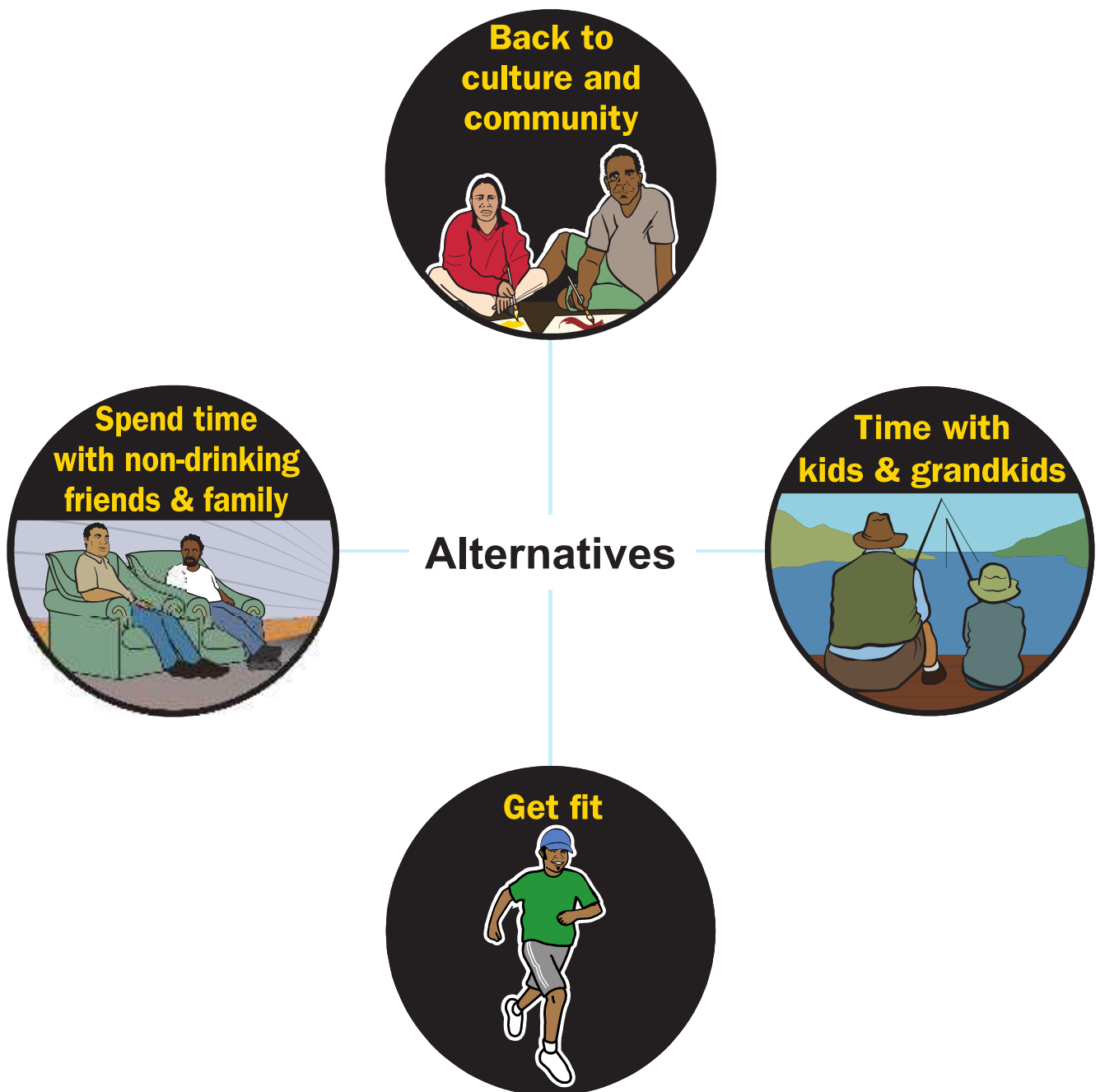
Drink nothing at all when...



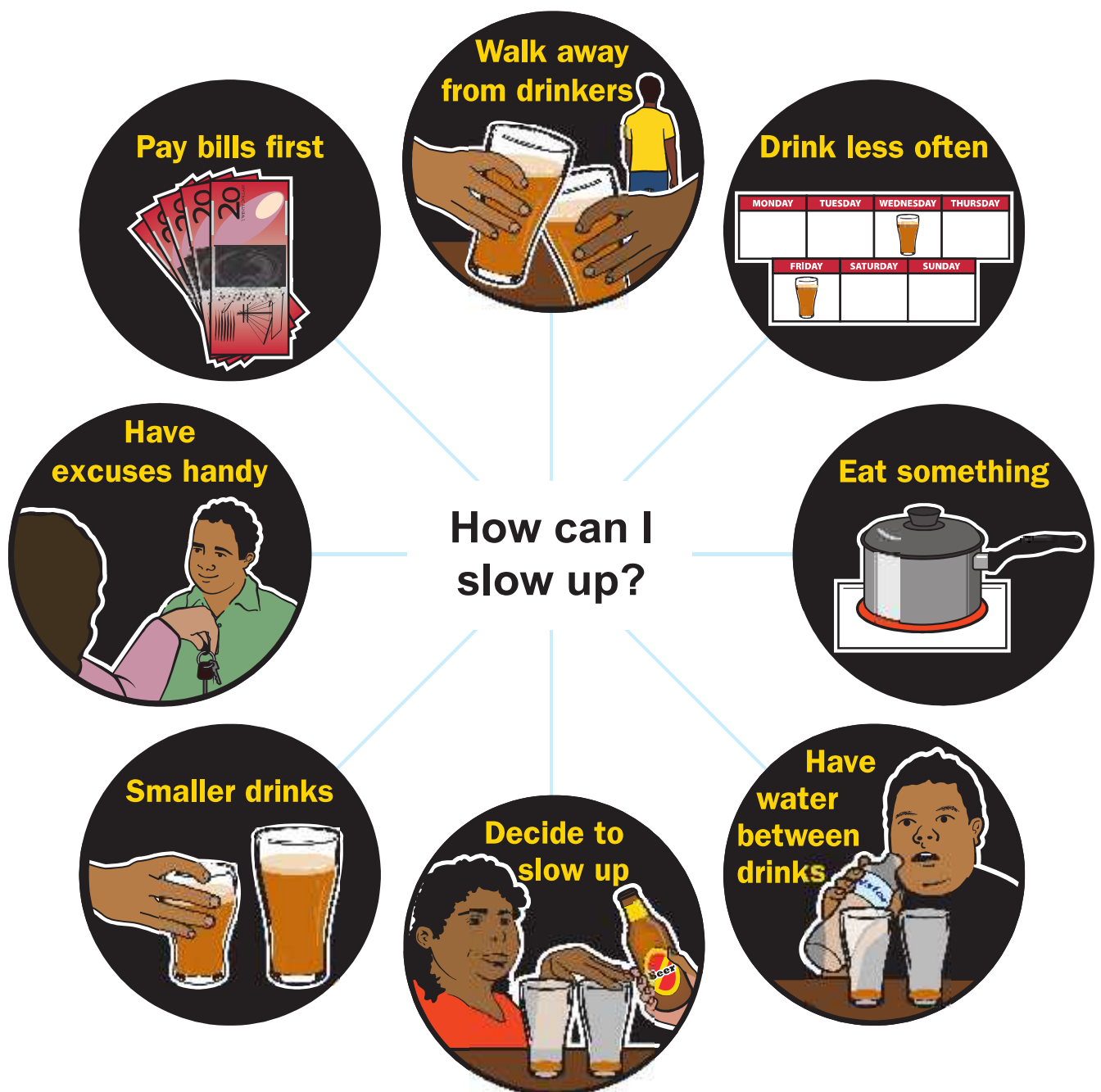
- Pregnant or might get pregnant
- It's hard to stop drinking
- Taking drugs or some medicines
- Your health is not so good
- Driving or doing risky jobs



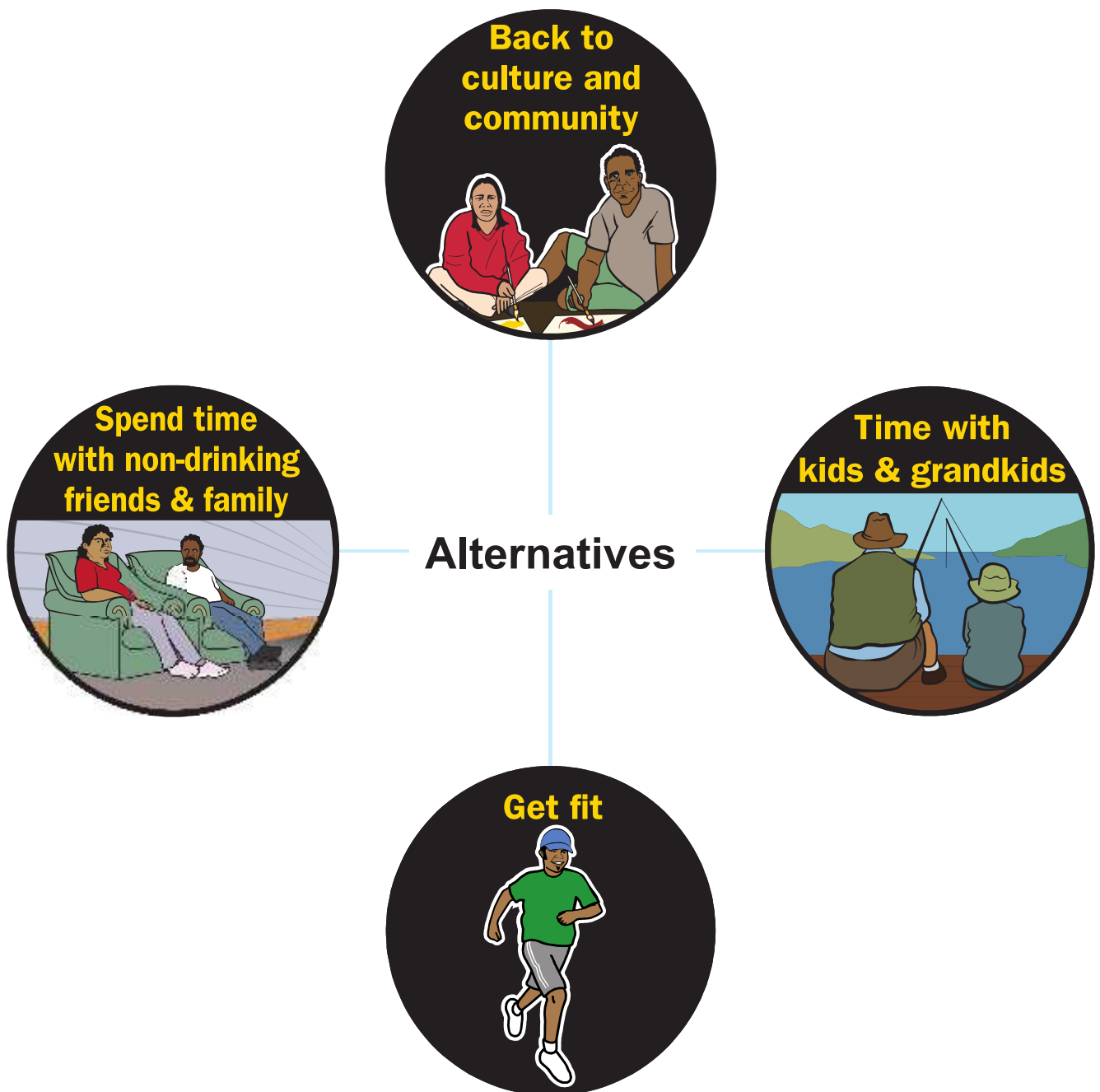
Alternatives to grog



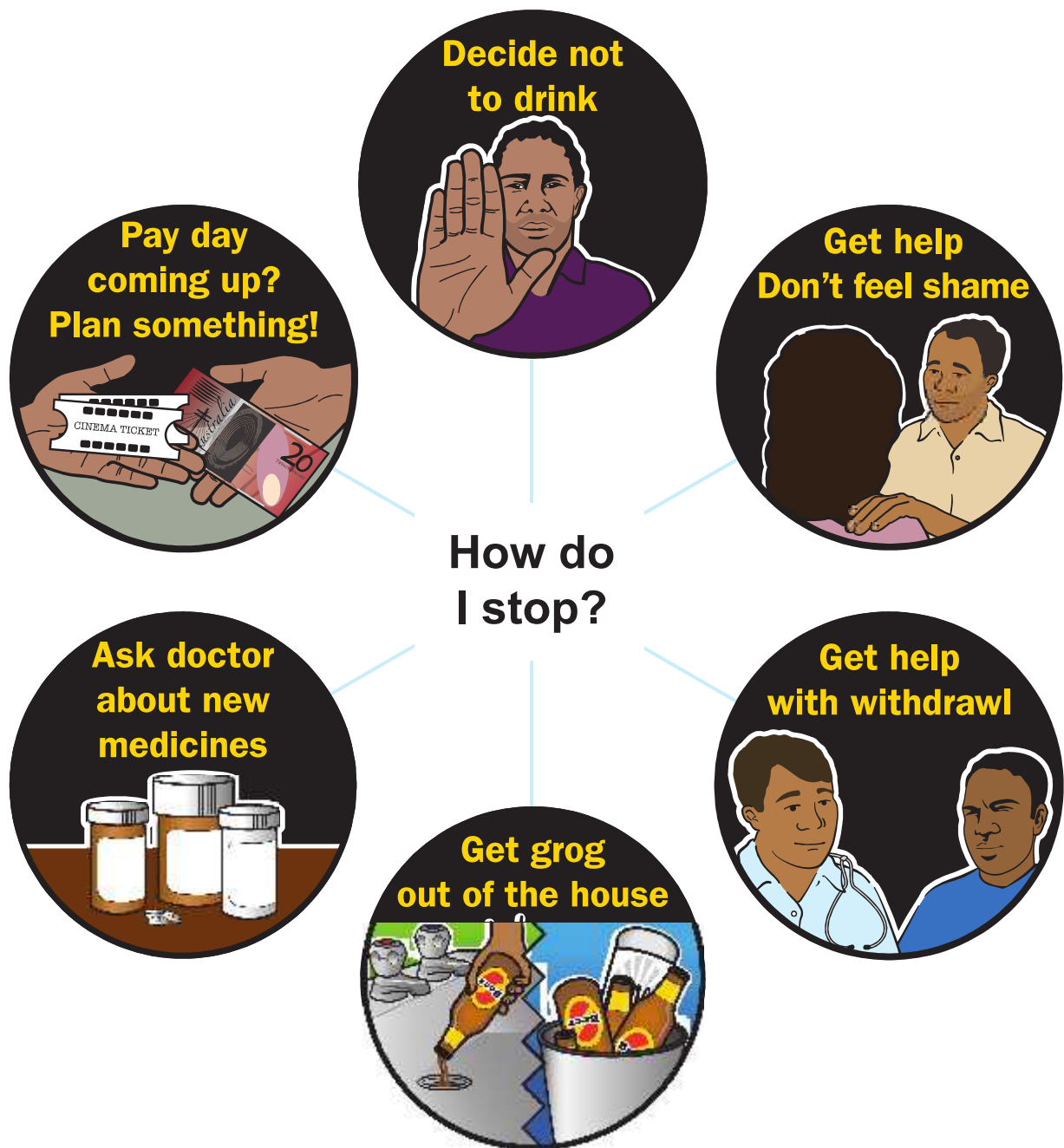
How to slow up



Alternatives to grog



How to stop



Staying on track

