Alcohol and you

Can cause diabetes
Hard to manage diabetes

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

Brain damage
Fits
Hallucinations
Alcoholism

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

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?

- Less stress and worry
- Feel and look better
  - Better blood pressure
  - More energy
  - Healthier liver
  - Less pain
  - Healthier kidneys
- More control over your life
  - Better mood
  - Better memory
  - Sleep better
  - No hangovers
- Less trouble from the cops
  - Better control over diabetes
  - Less stomach pain
  - Less falls
- More money
- More energy
- No hangovers
- Less family hassles
- Less risk of hurting yourself and others

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What’s safe for me?

No more than 2 drinks on any one day

So how many beers is that?

= 2 beers

= 2 cans

= 2 stubbies

= 1 longneck

If you drink every day, drink less

How many need to share?

= 10 people

= 10 people

= 6 people

Drink nothing at all if...

• 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

Back to culture and community

Time with kids & grandkids

Spend time with non-drinking friends & family

Get fit
How can I slow up?

- Decide to slow up
- Drink less often
- Walk away from drinkers
- Eat something
- Pay bills first
- Have excuses handy
- Have water between drinks

PAY BILLS FIRST

MONDAY | TUESDAY | WEDNESDAY | THURSDAY
--- | --- | --- | ---
 | | | |
FRIDAY | SATURDAY | SUNDAY
--- | --- | ---
 | | |
Alternatives to grog

- Back to culture and community
- Time with kids & grandkids
- Spend time with non-drinking friends & family
- Get fit
How can I stop?

- Decide not to drink
- Get help with withdrawal
- So get help, don’t feel shame
- Get grog out of the house
- Ask doctor about new medicines
- Pay day coming up? Plan something!

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Staying on track

How am I going?

Which one do I love more?

You can see a counsellor

How am I going in hard times?