

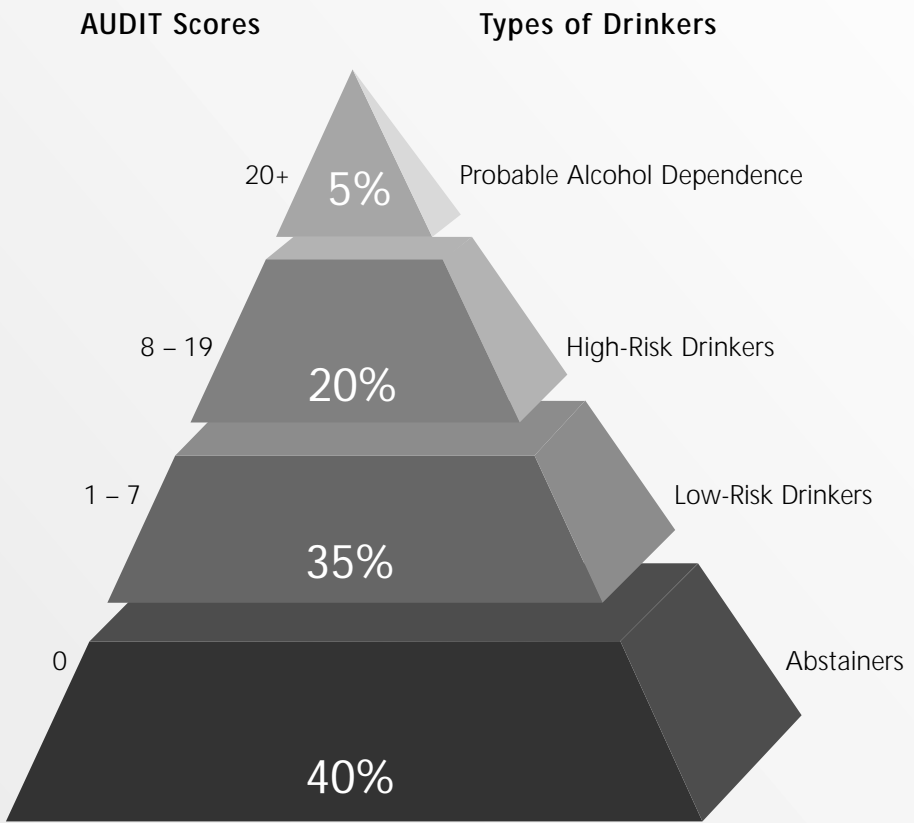
A Guide to Low-Risk Drinking

Panel 1



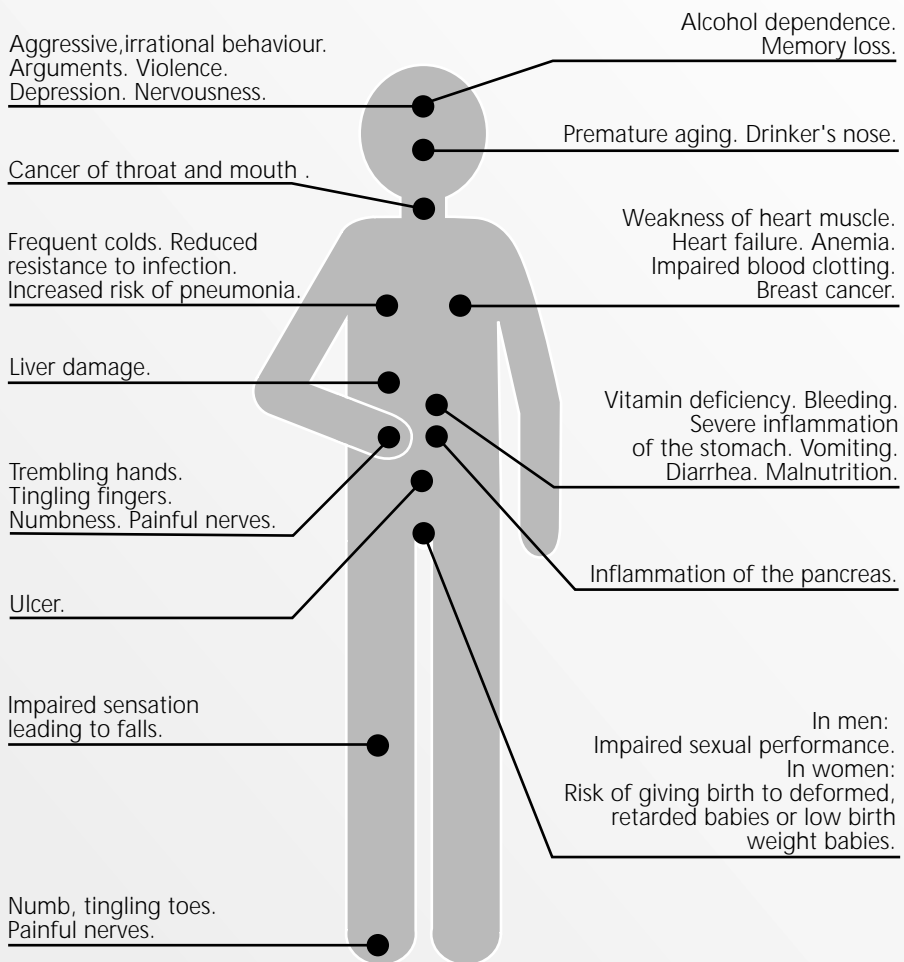
Panel 2

The Drinkers' Pyramid



Panel 3

Effects of High-Risk Drinking



High-risk drinking may lead to social, legal, medical, domestic, job and financial problems. It may also cut your lifespan and lead to accidents and death from drunk-en driving.

Panel 4

Should I Stop Drinking or Just Cut Down?

You should stop drinking if:

- You have tried to cut down before but have not been successful,
or
- You suffer from morning shakes during a heavy drinking period,
or
- You have high blood pressure, you are pregnant, you have liver disease,
or
- You are taking medicine that reacts with alcohol.

You should try to drink at low-risk levels if:

- During the last year you have been drinking at low-risk levels most of the time,
and
- You do not suffer from early morning shakes,
and
- You would like to drink at low-risk levels.

Note that you should choose low-risk drinking only if all three apply to you.

Panel 5

What's a Low-Risk Limit?

- No more than two standard drinks a day
- Do *not* drink at least two days of the week

But remember. There are times when even one or two drinks can be too much – for example:

- When driving or operating machinery.
- When pregnant or breast feeding.
- When taking certain medications.
- If you have certain medical conditions.
- If you cannot control your drinking.

Ask your health care provider for more information.

Panel 6**What's a Standard Drink?**

1 standard drink =



1 can of ordinary beer
(e.g. 330 ml at 5%)

or



A single shot of spirits (whiskey, gin, vodka, etc.)
(e.g. 40 ml at 40%)

or



A glass of wine or a small glass of sherry
(e.g. 140 ml at 12% or 90 ml at 18%)

or



A small glass of liqueur or aperitif
(e.g. 70 ml at 25%)

How Much is Too Much? The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.