

Alcohol



What is Alcohol?

- ▼ Alcohol is a drug found in drinks like beer, wine and spirits such as vodka and whiskey.
- ▼ Alcohol can change the way we feel. It slows down various parts of the brain and our reactions.
- ▼ If you are 18 years of age or older, you can legally have a drink, however too much alcohol can affect our ability to control our behaviour.

Remember

- ▼ Low risk weekly guidelines:
 - ▼ In the Republic of Ireland guidelines allow 11 drinks for females and 17 for males.
 - ▼ In Northern Ireland guidelines allow 14 units per week for both females and males.
 - ▼ 2-3 alcohol free days are advised each week.

Alcohol is not permitted at any Special Olympics Ireland events.



Beer & Cider



1



1.3



2

Spirits (35ml)



1



1



1



How many drinks?

Wine



1 (100ml)



7.5



1

Others



1.5



1.2



2

Beer & Cider



1.2



1.7



2.5

Spirits (35ml)



1.4



1.4



1.4



Special
Olympics
Ireland

How many
units?

Wine



2.3



10



1.5

Others



2



1.5

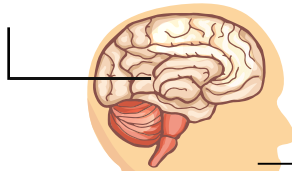


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Alcohol and your Health

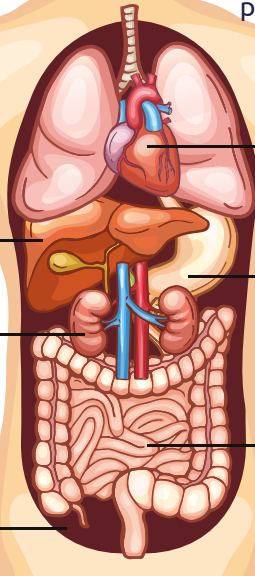
Drinking too much alcohol can damage your body in lots of ways.

Brain - drinking too much alcohol can make you forget things and can damage brain cells.



Mouth and Throat - drinking too much alcohol can lead to mouth and throat cancer.

Heart - alcohol increases your blood pressure making your heart beat fast.



Liver - alcohol can damage your liver.

Kidneys - alcohol makes you need the toilet more often, this can make you feel dehydrated.

Stomach - alcohol can cause ulcers and over time stomach cancer.

Bowels - alcohol can give you diarrhoea and lead to bowel cancer.

Reproductive system - alcohol can make it more difficult to have babies. Drinking any alcohol when pregnant can have a serious impact on the unborn baby.

Effects of Alcohol?

If you drink alcohol it can make you feel good but as you drink more you can start to lose control. If you get drunk you might:

- ▼ Have an argument/fight.
- ▼ Fall or injure yourself which could impact your sports performance.
- ▼ Forget things.
- ▼ Vomit or feel sick.

Stopping Drinking

If you want to stop drinking you need to ask for help.

- ▼ A plan can help you to cut down or stop drinking. The plan on the next page can be used to write or draw ideas.



Ways to reduce Alcohol intake

- ▼ Avoid drinking alcohol before you go out.
- ▼ Drink low alcohol drinks (choose a lower strength or non-alcoholic beer/wine).
- ▼ Keep to the low risk weekly guidelines.
- ▼ Order smaller sized drinks (choose a half pint or bottle rather than a pint).
- ▼ Always use a measure when pouring drinks, never free-pour.
- ▼ Stock up in lower strength or non-alcoholic drinks.
- ▼ Alternate between alcohol and non-alcoholic drinks.
- ▼ Don't buy alcohol each week as part of the shopping.
- ▼ Always finish one glass before refilling.

More Information



www.askaboutalcohol.ie



www.alcoholandyouni.com