

Advice on reducing how much alcohol you drink

*Helping you make an
informed choice*




yorkshire cancer
research

Saving Yorkshire Lives

Many cancers are caused by unhealthy lifestyles, for example, drinking alcohol, smoking, unhealthy eating and low levels of exercise. Around 4% of all cancers are caused by drinking alcohol.

This means each year in Yorkshire, 1,200 new cases of cancer are linked to drinking alcohol

Often lifestyle choices take many years to affect our health, so your drinking habits now may not affect your health for another 10 or 15 years. There is no better time to make a change than now.

Alcohol unit guidelines

Many people drink more than the recommended amount of alcohol. **The Government recommend the following alcohol unit guidelines. There is no safe level of alcohol but sticking to these guidelines can help lower your risk of cancer and other conditions:**

- 1. Do not drink more than 14 units a week – this is the same for men and women**

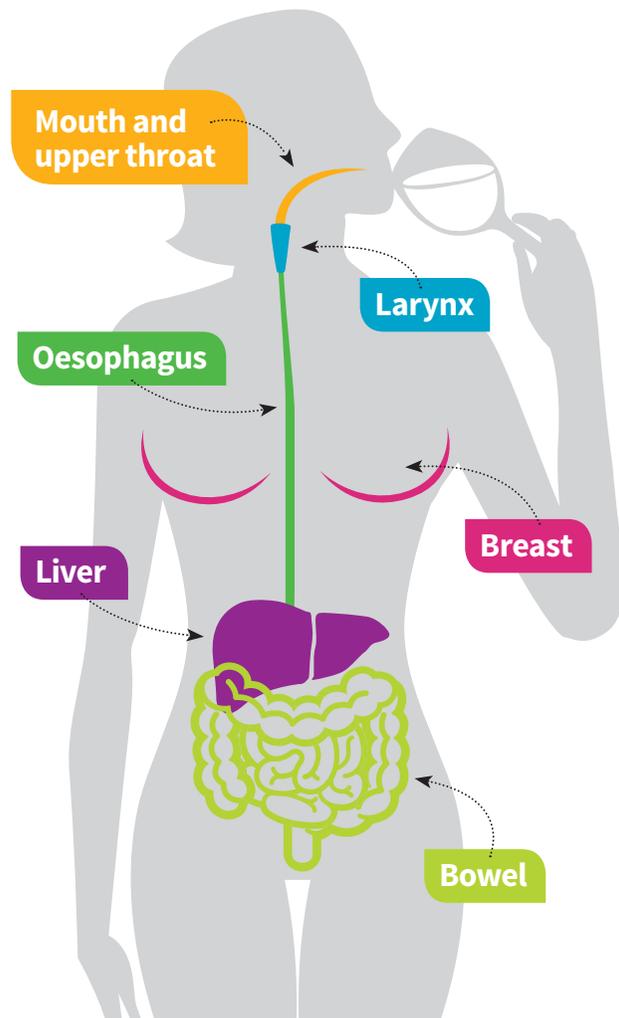
This means you should not drink more than:



- 2. Spread your units over 3 or more days and have several alcohol free days**

Types of cancer caused by alcohol

Alcohol can cause 7 types of cancer including:



In some areas of Yorkshire a higher proportion of people get alcohol-related cancer compared to the average for England

Benefits of reducing how much alcohol you drink

As well as lowering your cancer risk, drinking less alcohol can have lots of other benefits to your health and wellbeing.

Immediate, short term benefits include:

- Feeling less tired and more alert
- Improved skin and complexion
- Less weight gain
- Having more money

Long term benefits include:

- Better mood and sleep pattern
- Lower risk of high blood pressure, stroke, liver disease and pancreatitis

Alcohol causes weight gain by giving you 'empty calories' – calories which add to your daily intake but don't give any useful nutrients.

1 pint of beer



2.3 units

1 large slice of pizza



197 calories

1 large glass of wine (250ml)



3.2 units

1 Ice Cream



228 calories

Top tips to cut down on alcohol

There are lots of ways to cut down on the amount of alcohol you drink:

- Have more alcohol free days in the week
- When you do drink set your alcohol limit
- Have a low sugar soft drink or water between alcoholic drinks or try low-alcohol or non-alcohol alternatives
- Have smaller measures – choose a small wine instead of a large one
- Avoid stocking up on alcohol at home
- Avoid topping up drinks – this makes it harder to keep track of how much you have had to drink
- Drink at your own pace – avoid buying drinks in rounds
- Get moral support from friends and family

Further information and support

If you are finding it difficult to cut down or think you have a problem with drinking alcohol you can get support in the following ways:

- Talk to your doctor – they will be able to refer you to alcohol support groups or one-to-one counselling in your area
- Get more information and search for your local alcohol support service at: www.nhs.uk/oneyou/drinking

If you drink a high amount of alcohol, stopping suddenly can be dangerous to your health. It is better for you to cut down gradually with support. If you have any withdrawal symptoms from reducing how much alcohol you drink, for example, vomiting, hallucinations or seizures (fits) talk to your doctor.

Did you know?

Compared to the national average, a higher proportion of people in Yorkshire drink more than the recommended weekly amount. This means that more people in Yorkshire are putting themselves at increased risk from alcohol.

Yorkshire Cancer Research wants to give information about alcohol to help you make an informed choice about how much you drink.

We are encouraging people to keep the amount of alcohol they drink within the recommended guidelines of 14 units a week. Getting more people to keep within these guidelines will help lower their risk of getting cancer and save lives.

This leaflet has been produced as part of our Wise Up To Cancer programme. Please help us offer this programme across Yorkshire by supporting Yorkshire Cancer Research.

You can make a one off donation or sign up to give monthly by visiting www.ycr.org.uk/donate. You can also make a donation today by texting **YORKSHIRE** to **70007** to donate £3.

Thank you.



www.ycr.org.uk/wiseuptocancer



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