

My heart my family our culture

Alcohol

Drinking too much alcohol can cause heart problems. Drinking a lot of alcohol in one session is a big problem and is bad for your health and especially your heart.

What do the guidelines recommend?

- To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink **no more than 10 standard drinks a week** and **no more than 4 standard drinks on any one day**.

The less you drink, the lower your risk of harm from alcohol.

Drinking alcohol can affect your liver and cause brain damage, heart disease or high blood pressure and increases your risk of many cancers. It may also increase your risk of injury through road trauma, violence, falls and accidental death.



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Reducing alcohol-related health risks

Tips to reduce the risk to your health when drinking include:

- set limits for yourself and stick to them
- start with non-alcoholic drinks and alternate with alcoholic drinks
- drink slowly
- try drinks with a lower alcohol content
- eat before or while you are drinking
- if you participate in rounds of drinks, try to include some non-alcoholic drinks.

Support

If you or someone you know needs support and treatment to reduce alcohol intake contact:

- your doctor
- your local community health service
- an alcohol or other drug helpline in your state or territory.

What are the good things about drinking safely?	What are the bad things about drinking?
<ul style="list-style-type: none"> • good fun, relaxing • catching up with family and friends • having a laugh • getting out of the house. 	<ul style="list-style-type: none"> • arguments with partner, friends or family members • health problems – feeling crook, headaches, guts ache, nausea, vomiting • trouble with the police • losing your driver's licence • having a car accident • spending too much money • worrying about kids and grand kids • not looking after your family.

Talk to someone who is specially trained in heart health care to answer your questions

Call our Helpline on 13 11 12

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