

Jamison: Patient Education and Wellness

HANDOUT 17.1: RESPONSIBLE DRINKING

Check for alcohol intake:

<http://www.mayoclinic.com/health/alcohol-use/MH00123>

<http://www.revolutionhealth.com/calculators/blood-alcohol-estimator>

http://www.bupa.co.uk/health_information/asp/healthy_living/lifestyle/alcohol/alctest.asp

Tips for controlled drinking are to:

- plan your drinking behaviour – when, where and how much
- limit your consumption to one unit, i.e. one standard drink (8–10 g), per hour
- sip, don't gulp
- put the glass down between sips
- alternate alcoholic and non-alcoholic drinks
- count your drinks
- avoid eating salty food (as it increases thirst)
- dilute drinks
- choose low- or very-low-alcohol drinks
- only fill your glass when it is empty
- don't let others fill your glass
- eat while you drink
- make your first drink a soft drink
- drink only one type of alcoholic beverage
- use a small glass
- say 'no'
- avoid drinking rounds or 'shouts'

The more options you use, the more control you have over your drinking.

See

http://hcd2.bupa.co.uk/fact_sheets/html/alcohol_abuse.html

<http://www.webmd.com/video/hangover-tips>

http://www.webmd.com/mental-health/alcohol-abuse/news/20090303/booze-tube_tv-alcohol-ups-real-drinking