

MEDIA RELEASE

23 December, 2014

Say cheers to safe alcohol consumption

NOTHING spoils New Year's Day like a hangover. Which is why staff from the Darling Downs Hospital and Health Service's Alcohol and Other Drugs (AODS) unit are encouraging residents not to overindulge this festive season.

According to staff, a few simple steps are all it takes to ensure the frivolity remains, without the regrets.

"This time of year, people like to relax and there are plenty of Christmas-themed events," AODS health promotion officer Richard Henshaw said.

"It can become easy to overindulge and consume too much alcohol which makes you more likely to participate in risk-taking behaviour.

"While the National Guidelines for Alcohol is a good reference point, people should remember that alcohol affects everyone differently.

"Drink at your own pace and be aware of the signs of intoxication."

The guidelines recommend that healthy men and women should drink no more than two standard drinks on any day, to reduce the risk of harm from alcohol-related disease or injury over a lifetime.

On a single occasion, the guidelines recommend no more than four standard drinks to reduce the risk of alcohol-related injury.

"We encourage people to be mindful when they are consuming alcohol," fellow AODS health promotion officer Kelly McNally said.

"Other ideas include drinking slowly and eating before or while you are drinking, as well as trying low-alcohol or no-alcohol alternatives like mocktails and light beers.

"Remember too that illicit drugs and some prescribed medication don't mix well with any amount of alcohol."

Ends

Caption: Darling Downs Hospital and Health Service Alcohol and Other Drugs Unit health promotion officer Kerry McNally and Richard Henshaw encourage residents to be mindful of their alcohol consumption over the festive period.

MEDIA: Contact Darling Downs Hospital and Health Service Media Team 4699 8547, 0438 702 328 or DDHHS_media@health.qld.gov.au