

					
SPARKLING WINE	WINE	LIGHT BEER	REGULAR BEER	FORTIFIED WINE	SPIRITS
100 mL	100 mL	425 mL	285 mL	60 mL	30 mL
13% alc/vol	13% alc/vol	2.7% alc/vol	4.9% alc/vol	20% alc/vol	40% alc/vol

If you decide to cut down on your drinking, counting your 'standard drinks' is important. National alcohol guidelines recommend that daily alcohol intake for healthy adults should be no more than two standard drinks on any day.

Use the following guide to find out how much is in a standard drink. The number of standard drinks is also labelled on drink containers.

Beer

Spirit

Wine



How alcohol can harm your health

Alcohol use can be harmful to your body. You are three times more likely to die from an alcohol-related disease if you drink more than two to three standard drinks a day. You also increase your risk of injury through violence, road accidents and accidental death.

Brain
Alcohol may cause brain injury. It increases the chance of depression, anxiety and other mood changes. It can also affect memory and reasoning and can lead to alcohol dependence

Heart
Heart disease

Lungs
Greater risk of infection

Liver
Liver cancer, Cirrhosis (liver disease)


Stomach
nausea, vomiting, bleeding, ulcers, inflammation

Throat, mouth and oesophagus
Cancer

Kidney
Kidney failure

Pancreas
Pancreas damage, can lead to diabetes

Sexual problems
impotence



Support is available

If you want to know more about stopping or cutting down on alcohol contact:

Alcohol & Drug Information Service (ADIS)
FREECALL: 1800 177 833 (Charges apply from mobile phones)

Alcohol and Drug Foundation Qld
(07) 3834 0200
www.adfq.org/

13 HEALTH (13 43 25 84)
www.health.qld.gov.au/13health/

Australian Drug Information Network
www.adin.com.au

Queensland Health: Alcohol, Tobacco, and other Drugs
www.health.qld.gov.au/atod/drug_info/alcohol.asp

Relationships Australia
www.relationships.org.au/


Department of Health and Ageing
www.alcohol.gov.au

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Tobacco and Alcohol Branch
Preventative Health Directorate
Division of the Chief Health Officer
PO Box 2368, Fortitude Valley BC 4006
tel (+61)(07)3329 9833
atodsweb@health.qld.gov.au
www.health.qld.gov.au/atod/

Important news for partners

about alcohol use in pregnancy and breastfeeding



Even small amounts of alcohol can cause damage to a growing baby.

National alcohol guidelines recommend that for women who are pregnant, breastfeeding or planning a pregnancy, it is safest **NOT** to drink alcohol. Partners, friends and families play an essential role in supporting pregnant women.



How you can support your partner during her pregnancy

- Join her in not drinking while she is pregnant or cut down on the amount of alcohol you usually drink.
- Let her know how proud you are of her for making the decision not to drink while she is pregnant.
- Swap from doing things that usually involve drinking alcohol. Instead of going to the pub or a mate's place for drinks, go to the movies, for walks or to live performances.
- Let your family and friends know about you and your partner's decision not to drink and the reasons why. If they know you have decided to not drink alcohol during the pregnancy they will be more likely to support your decision.

Benefits of not drinking alcohol

- Supporting your partner – Being supportive of your partner makes it easier for her to say no to alcohol while she is pregnant.
- Money – The money you would usually spend on alcohol can be used for other things such as the car, going out to dinner or saving for a holiday.
- Feeling great – Having more energy to do things.
- Living a healthier lifestyle – Cutting back on the amount of alcohol you drink while your partner is pregnant gets you off to a great start to a healthier lifestyle.
- Becoming a good role model for your kids – Children learn by watching their parents.



How alcohol can harm your baby

The level of risk to an unborn baby depends on many things including:

- the amount of alcohol the mother drinks
- how often she drinks
- the stage of pregnancy
- other personal and lifestyle factors.

Drinking alcohol during pregnancy can increase the baby's risk of a wide range of physical, mental, behavioural and learning disabilities. It can also increase the chance of miscarriage, stillbirth and premature birth.

Fetal Alcohol Spectrum Disorder (FASD) is the name given to the large range of problems caused by drinking alcohol while pregnant. Babies can be born with:

- brain damage
- facial defects
- limbs and bones not formed properly
- heart problems
- kidney damage
- problems with hearing and seeing properly
- other birth defects.

Many of the effects of alcohol on an unborn baby can be life-long disabilities with problems continuing into adulthood. Some difficulties in teen/adult life may include:

- low intelligence
- problems with thinking
- problems with memory
- trouble making and keeping relationships
- a short attention span
- social and behavioural problems.

