

## Alcohol and Oral Health

### The recommended limits of alcohol drinking are:

Up to 2 – 3 units daily for women

Up to 3 – 4 units daily for men

At least 2 days free from alcohol a week, for men and women

Men and women are advised not to regularly drink more than 14 units a week.

Spread your drinking over three days or more if you drink as much as 14 units a week.

### The short term health risks of alcohol include:



- Anxiety
- Sexual difficulties such as impotence
- Impaired judgement leading to accidents and injuries
- Slowed breathing and heartbeat
- Loss of consciousness
- Suffocation through choking on your own vomit (aspiration)
- Potentially fatal poisoning