

DRINKING CAUSES DAMAGE YOU CAN'T SEE

You are 50% more likely to get breast cancer if you're a woman regularly drinking 2 large glasses of wine or more a day. You also increase your risk of high blood pressure, which could lead to a stroke or a heart attack. Find out if your drinking could be putting your health at risk.

For more information visit nhs.uk/drinking or call **0300 123 1550**[†]

SHOULD NOT REGULARLY EXCEED	
MEN	WOMEN
3-4	2-3
UNITS DAILY	UNITS DAILY
1 PINT OF STRONG LAGER = 3 UNITS	

[†] Calls to 03 numbers should cost no more than geographic 01 or 02 UK wide calls, and may be part of inclusive mobile minutes subject to your provider and your call package. Mobile phone charges may apply. Contact your service provider for more information.

in association with:

