

# Alcohol: drinking in moderation

There is no such thing as a safe amount of alcohol. The key is moderation. The reasonable limits for healthy people are:

- under 4 units per day for men.
- under 2 units per day for women.

A glass of beer, wine or cava is equivalent to 1 unit whereas one glass of distilled liquor (whisky, brandy, gin, etc.) contains 2 units.



1 SDU: A glass of beer, wine or cava equals one SDU, whereas a glass of distilled liquor (whisky, brandy, gin, etc.) contains two SDU. Reasonable amounts have been established at under 4 SDU a day for men and 2 SDU a day for women.  
2 SDU: (Standard Drink Unit)

Excessive consumption of alcoholic beverages is linked to many diseases, traffic and workplace accidents, verbal or physical abuse of one's partner, isolation from and conflicts with family, school or work. Furthermore, alcohol is a drug that creates dependence.

Nowadays drinking is not exclusive to adults and more and more young people consume alcohol, mainly on weekends.

## What is blood alcohol content?

When you drink alcohol, it enters your bloodstream. Blood alcohol content (BAC) is the amount of alcohol per liter of blood.

Spanish law sets the maximum level for non-professional drivers at 0.25 mgr/l in exhaled breath, equivalent to 0.5 gr/l in the blood.

BAC reaches its highest point between 30 and 90 minutes after drinking. Nothing can be done to accelerate its elimination.

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## Who is an at-risk drinker?

1) Among men, those who drink more than 4 units/day and among women, those who drink more than 2 units/day.

2) Men who have had more than 6 units in one day and women who have had more than 5 units, at least once in the past month.

3) Any drinking by children, adolescents or pregnant women.

4) Anyone who takes medicines that interact with alcohol: antidepressants, tranquilizers, antihistamines, etc.

5) Anyone who drinks while driving, operating machines or handling dangerous objects, while performing certain jobs or doing sports.



## When does it become a problem?

1) When used on a regular basis to relax, avoid feeling sadness or anxiety, etc.

2) When you cannot stop drinking once you've started.

3) When you've tried unsuccessfully to stop drinking.

4) When someone loses interest or performs poorly in school or at work.

5) When someone tells lies about their drinking to their family, friends or doctor.

## Where can you ask for help?

You need to talk about your problem with family or friends and you can ask your doctor or nurse for help.

I can say 'no'