



Safety in Units - Men



The NHS recommends that men should not regularly drink more than 3-4 units per day. 'Regularly' means drinking these amounts every day or most days of the week.

There's no guaranteed safe level of drinking, but if men drink less than the recommended daily limits, the risks to health are lower.

On those occasions where it is not possible to stay within the recommended limits i.e. a heavy drinking session, alcohol should be avoided for 48 hours or more. This will allow the liver time to metabolise the alcohol from the bloodstream. A healthy functioning liver can "process" alcohol at a rate of 1 unit per hour.

Men who regularly exceed the recommended daily limits of alcohol can develop a 'beer belly' as well as looking unattractive, a beer belly can be a sign that a man is at risk of developing alcohol related cardiovascular disease, high blood pressure, diabetes, sleep apnea and cancer.

Excessive alcohol consumption can also be an influencing factor in impotence and infertility.