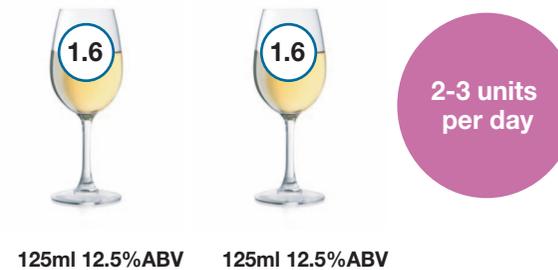




Safety in Units - Women



The NHS recommends that women should not regularly drink more than 2-3 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 women 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.

Women's bodies contain on average 10% more fat than a man's. As alcohol dilutes in water a woman therefore has less bodily fluids to dilute the alcohol so have a lower 'tolerance' for alcohol than men.

Women who are pregnant or trying to conceive should avoid drinking alcohol. There is no 'safe' time for drinking alcohol during pregnancy and there is no 'safe' amount. Drinking no alcohol during pregnancy is the best and safest choice.