

**ALCOHOL**

* There is no safe level of alcohol.
* It is advised not to drink more than 14 units per week – for both men and women.
* Spread these units over three or more days.
* 14 units looks like:
* 6 pints of beer
* 6 glasses of wine

**One unit of alcohol is 10ml (1cl) by volume or 8g by weight of pure alcohol.**

**This is equivalent to:**

* **Half a pint of ordinary strength beer, lager or cider (3-4% alcohol by volume)**
* **A small pub measure (25ml) of spirits (40% alcohol by volume)**
* **A standard pub measure (50ml) of fortified wine such as sherry or port (20% alcohol by volume)**
* **Half a glass (87.5ml) of wine (12% by volume)**
* 14 glasses of whisky (25mls)
* Drinking above the recommended limits could adversely affect our general and oral health by increasing the risk of:
* Oral cancer
* Dental trauma and facial injury either through accidental falls or violence.
* Tooth wear due to the acidity of drinks and sugar content.
* There is also some evidence that excess alcohol consumption is associated with periodontal disease.