

Your screening score indicates that you may be at risk of experiencing harm as a result of your drinking.

You can reduce the risk of harm to yourself and others by limiting the amount you drink:

- Do not have more than 2 standard drinks on one day
- Even on **special occasions** you should **never** have more than 4 standard drinks.

**Any drinking can bring risks  
Don't Drink at all if you:**

-  Are pregnant or breast feeding
-  Are under 18
-  Are driving
-  Are taking medications
-  Before during or after exercise
-  Have a history of drug or alcohol use disorder

### Set Yourself a Goal

If you want to change your drinking it's important to set goals to work towards. And keep track of your progress. Use this space to record your first step to changing

# Drinking & Me

## Where Can I Find out More?

Call:

Habla Franco: 1815  
Lugar de Escicha: (51 1) 445 6665 or  
(51 1) 447 5837

Go Online:

[www.hablafranco.gob.pe](http://www.hablafranco.gob.pe)  
<http://www.cedro.org.pe/lugar/registro1.htm>

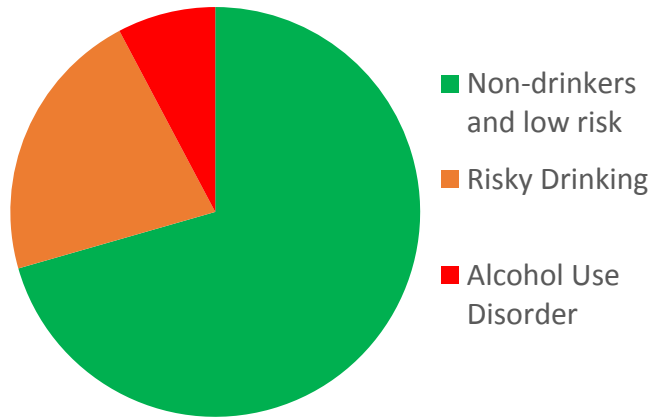
Use an App:  
[Habla Franco App available from Chatea Ahora](#)



OTHER LOGOS

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# Most people are low risk drinkers



## Benefits of cutting down

Alcohol can cause lots of problems for your body, mind and wider life. Cutting down your drinking reduces your risk of:

- Accidents & Injury
- Stroke & High Blood Pressure
- Cancer
- Liver Damage
- Brain Damage
- Drink Driving

There are also lots of other benefits:

- Better sleep
- Lose Weight
- Better Relationships
- More Energy
- Better Mood
- Save Money
- Better Memory

# Understanding the Limits

Different drinks contain different amounts of alcohol. When we use the word 'drink' we mean a standard drink which contains approximately 10 grams of pure alcohol.

<b>1 Standard Drink:</b>	250ml Beer (5%) 	100ml Wine (12%) 	30ml Spirits (40%) 	30ml Spirits (40%) 
<b>2 Standard Drinks:</b>	500ml Beer (5%) 	200ml Wine (12%) 	60ml Spirits (40%) 	

## How can I reduce my drinking?

- Set yourself a daily or weekly limit and stick to it
- Count your drinks
- Stick to smaller servings and avoid refills
- Alternate alcoholic and non-alcoholic drinks like water
- Avoid having alcohol at home
- Look for friends who don't drink or do so in moderation
- Avoid drinking on an empty stomach or have your first drink with a meal
- Avoid too many salty snacks – these make you thirsty
- Avoid drinking to cope with stress or boredom
- Alternate alcoholic and non-alcoholic drinks like water