

## Don't throw it away for alcohol

- > **Your health** – risky levels of alcohol consumption has been linked to the development of chronic disease and other medical conditions.
- > **Your money** – excessive spending on alcohol leads to financial problems. A DUI offence costs 50 times more than a taxi.
- > **Your job** – don't lose your job or limit career opportunities due to alcohol impacting on work attendance, work performance or an alcohol related conviction.
- > **Your friends and family** – losing friends and relationship breakdowns often comes with alcohol excess.
- > **Your sex life** – alcohol can cause impotence.

## Getting help

- > **Call the Alcohol and Drug Information Service (ADIS)** – 1300 13 1340 between 8.30am and 10pm. ADIS is a telephone information, counselling, and referral service.
- > **Useful phone app:** Hello Sunday Morning – find out more at [www.hellosundaymorning.org](http://www.hellosundaymorning.org).

## For more information

**Men's health services**  
**Visit the men's health services page on the SA Health website: [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)**

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SNAP Risk Factors  
**Alcohol -  
 Take Control**



# SNAP Risk Factors Alcohol - Take Control

## Be the guy who...

### ...is responsible for himself and knows the safe health limits

Research suggests that in order to reduce your *lifetime-risk* of harm from alcohol-related disease or injury, you should aim for **no more than 2 standard drinks on any day** over the long run.

To reduce your risk of injury on any single occasion of drinking you should aim for **no more than 4 standard drinks any time you drink**.

### ...understands the legal blood alcohol limit and plans to stay under 0.05 to have the best time

As a guide, it takes 1 hour for your blood alcohol level to go back to 0.00 after 1 standard drink.

Number of standard drinks	
Full-strength beer (4.9% alc)	
- 285 ml schooner	1.1
- 425 ml pint	1.4
- 375 ml stubbie or can	1.6
Other beer	
- schooner low-strength (2.7% alc)	0.5
- schooner mid-strength (3.5% alc)	0.7
Wine (13% alc)	
- 150 ml glass (average serve)	1.5
Spirits	
- 30 ml nip (40% alc)	1
- Pre-mix 375ml can (5% alc)	1.5

Note: The amount of standard drinks varies for each product. Consult the label provided.

### ...is good to go to work

- > Who shows up for work and puts a good day's worth in
- > Who is safe at work for himself and others.

### ...has got a plan and encourages others

- > Set a limit and count your drinks. Stay firm, don't let others influence your decision.
- > Eat before and while you are drinking to slow down alcohol absorption.
- > Substitute full strength with low-alcohol alternatives (e.g. light/mid-strength beer).
- > Avoid drinking in rounds and topping up drinks - you risk losing track of how much you have had to drink.
- > Pace yourself. Have non-alcoholic drinks as spacers and take sips not gulps.
- > Keep active - play pool - you will tend to drink less.
- > Drink lots of water between drinks to avoid dehydration and hangover.
- > Don't mix alcohol with any illicit, prescription or over-the-counter drugs as results can be unpredictable.

### ...is there for his mates

- > If friends choose not to drink, support their decision
- > If someone is showing worrying side effects, call an ambulance immediately. Dial 000

### ...sets an example to others

Never underestimate the value of being a role model. You can influence others to be responsible alcohol users and reduce risky behaviours, particularly those younger than you.

### ...knows the harsh facts of alcohol

#### Consequences of drinking too much on a single occasion

- > Injury to yourself (e.g. falls, road accidents, assaults, drowning, industrial accidents, alcohol poisoning or overdose)
- > Injury to others
- > Criminal offences (e.g. assault, sexual assault, property damage, child abuse, drink driving)

#### Consequences of drinking too much over a lifetime

- > Heart and liver disease, stroke and diabetes
- > Cancer
- > Gut disorders such as stomach ulcers
- > Concentration, memory and sleep difficulties
- > Mood and personality changes
- > Mental health conditions and suicidal behaviour
- > Reduced fertility



Source: Drug and Alcohol Services South Australia, Government of South Australia © 2011