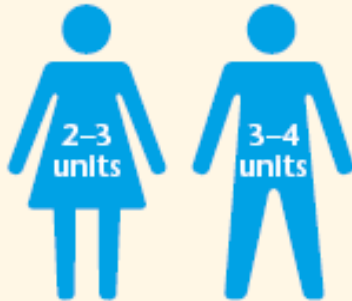


Low risk levels of drinking

Adult Female






- No more than 3 units a day
- 2 days per week without alcohol



Adult Male

- No more than 4 units a day
- 2 days per week without alcohol

There are currently no low risk limits for under 18s.
Avoid alcohol if you are pregnant or trying for a baby.

	Beverage	Amount	Units
	Buckfast	750ml Bottle 15%abv	11.25units
	Whisky/ Vodka / Gin / Aftershock	Single 25ml shot	1 unit
	Cider	Pint 5%abv	2.8 units
	Alcopops	275ml bottle 5%abv	1.5units
	Wine	175ml glass 12%abv 750ml bottle 12%abv	2.1 units 9 units
	Beer	1 pint premium beer 5%abv	2.8units

How many do you consume on your heaviest drinking day?

Alcohol Awareness and You.

Fast Alcohol Screening Test (FAST)

Please complete the survey in privacy.

How often do you have more than... ...6+ units (for females) ...or 8+units (for males) ...on one occasion?	Never	0
	Less than monthly	1
	Monthly	2
	Weekly	3
	Daily / most days	4
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	0
	Less than monthly	1
	Monthly	2
	Weekly	3
	Daily / most days	4
How often during the last year have you failed to do what was normally expected of you because of your drinking?	Never	0
	Less than monthly	1
	Monthly	2
	Weekly	3
	Daily / most days	4
In the last year has a relative / friend / doctor / health worker been concerned about your drinking or suggested you cut down?	Never	0
	Yes, not in the last year	2
	Yes, in the last year	4

FAST Scoring

Add the points for each of your answers to give your total FAST score.

Minimum score = 0

A score of 0 indicates there is no need for concern.

Maximum score = 16

A score of 3 or more suggests that your alcohol use is potentially risky or hazardous. This level of alcohol use may increase your risk of injury or damage to your physical and mental health. *For further information, advice and support see the services listed on the back of the back page.*

If you share your score with the worker assigned to care for you, they will be able to give you further information about your level of risk and what you can do to reduce it.

Know your units

- Use a drink diary, so you can keep track of what you are drinking
- Use a unit wheel to accurately work out your unit consumption

Drink less alcohol

- Have a soft or non alcoholic drink in between alcoholic drinks
- Measure your drinks at home

Drink water

- Be kind to your liver, drink a large glass of water before you sleep. This will help your liver to function

Stay safe

- Don't go off with someone you just met
- Arrange your transport home before you go out

Carry condoms

- Alcohol contributes to unplanned sex and unplanned pregnancies

action on
drugs+alcohol
DUMFRIES AND GALLOWAY



Did you know?

- 60% of those who drink alcohol, drink dangerously
- Over 25% of A&E attendances are alcohol related
- Many medical conditions are made worse by alcohol
- Alcohol leaves the body at a rate of just 1 unit per hour
- One Scot dies every 6 hours as a result of an alcohol related illness
- Alcohol is the number one negative influence on our health, from days off work, trips & falls to violence & marital strain

Alcohol Awareness and You. You have been given this information & self screening leaflet because your surgery is part of a nationwide initiative to reduce the amount of risky drinkers within our local populations. This means everyone turning up for an appointment this week will be asked about their alcohol use. This is part of a public health population approach and not about singling you out.

We hope this opportunity for screening & feedback will allow you to consider your alcohol use and its effects on your health and well being.

HELPFUL NUMBERS & WEBSITES

Alcoholics Anonymous	0845 769 7555
www.alcoholconcern.org.uk	
www.alcoholics-anonymous.org.uk	
www.drinkaware.co.uk	
www.infoscotland.com/alcohol	
Dumfries & Galloway Services	
NHS Specialist Service - East	01387 244555 / 244550
NHS Specialist Service - West	01671 402548
Alcohol & Drugs Support HQ	01556 503550
Turning Point HQ	01461 206891

Name	D.O.B
How many units do you drink through the week?	
How many cigarettes do you smoke in one day?	