

ANSWERS

1. **False.** Hangovers can last for a lot longer than just the morning after. Advice for adults is that after a lot of alcohol has been consumed, they shouldn't drink alcohol for another 48 hours. Hangovers are best avoided in the first place by limiting your drinking to within the responsible guidelines, pacing drinks with non-alcoholic ones and eating before or when drinking or not drinking at all.
2. **False.** The amount of alcohol is usually shown on the drink container, but you can calculate it yourself. $\frac{1}{2}$ pint = 1 unit, 1 shot = 1 unit, 1 pint OR double vodka OR glass wine = 2 units.
3. **False.** It depends on the size of the glass, the strength of the drink (e.g. there are strong beers and weaker beers) and how full the glass is.
4. **False.** Eating before drinking slows down the absorption of alcohol into the bloodstream, but doesn't stop it.
5. **True.** Many of the effects of a hangover come about because alcohol dehydrates the body. There is no cure and waiting until it has gone is the only thing you can do. However, drinking plenty of water and keeping off alcohol for at least the next 48 hours helps the body recover. Of course, the best thing is to avoid a hangover in the first place by sticking to the recommended guidelines or not drink at all.
6. **True.** Alcohol affects judgement so, after drinking alcohol, people tend to have fewer inhibitions and this can lead to risky behaviour.
7. **True.** Someone who regularly drinks an excessive amount of alcohol may have to drink more to get the same effect, and this can lead to addiction.
8. **True.** Alcohol is distributed around the body in water. The female body has less body water and less of the enzyme which breaks down alcohol in the stomach and liver than the male body. So, alcohol concentrations are higher in females and therefore girls tend to get drunk faster than boys.
9. **True.** The UK government advises women to avoid alcohol in pregnancy. Because alcohol crosses the placenta, there is no 'safe' level of drinking if you are pregnant, as it can harm the developing foetus and increase your risk of miscarriage. Heavy drinking during pregnancy can lead to a range of abnormalities called FAS (Foetal Alcohol Syndrome) affecting your child for life. See fasaware.co.uk for more information.
10. **True.** If someone drinks a lot in a short space of time, they can increase the risk of accidents and injury. In high doses it can result in alcohol poisoning, leading to coma or even death. In the long term, drinking a lot of alcohol regularly can lead to numerous diseases, such as cancer and liver cirrhosis. These can be fatal.

In Great Britain, most young people drink responsibly, but 17% consumed more than 14 units (more than the weekly recommended limit) in one day, increasing short term personal risks such as accidents and alcohol poisoning. (ONS Drinking Habits Amongst Adults, 2014). There were 65,882 attendances for alcohol poisoning at Hospital Accident and Emergency departments in England in 2013-14 and 489 people died from alcohol poisoning in the UK in 2014.

4% of all men over 16 in the UK drink more than 50 units a week and 4% of women drink more than 35 units a week. Drinking at this level increases your risk of cancers (colon, breast, upper digestive tract), of heart disease and alcoholic liver diseases long term. That's why in 2014, 6,831 people died from an alcohol related illness, mainly from alcoholic liver disease.