



ALCOHOL RELATED LIVER DISEASE AND PREVENTION

FACTS & FIGURES

The three main causes of liver disease are: obesity, an undiagnosed hepatitis infection and alcohol misuse.

- Obesity
- Undiagnosed Hepatitis
- Alcohol misuse

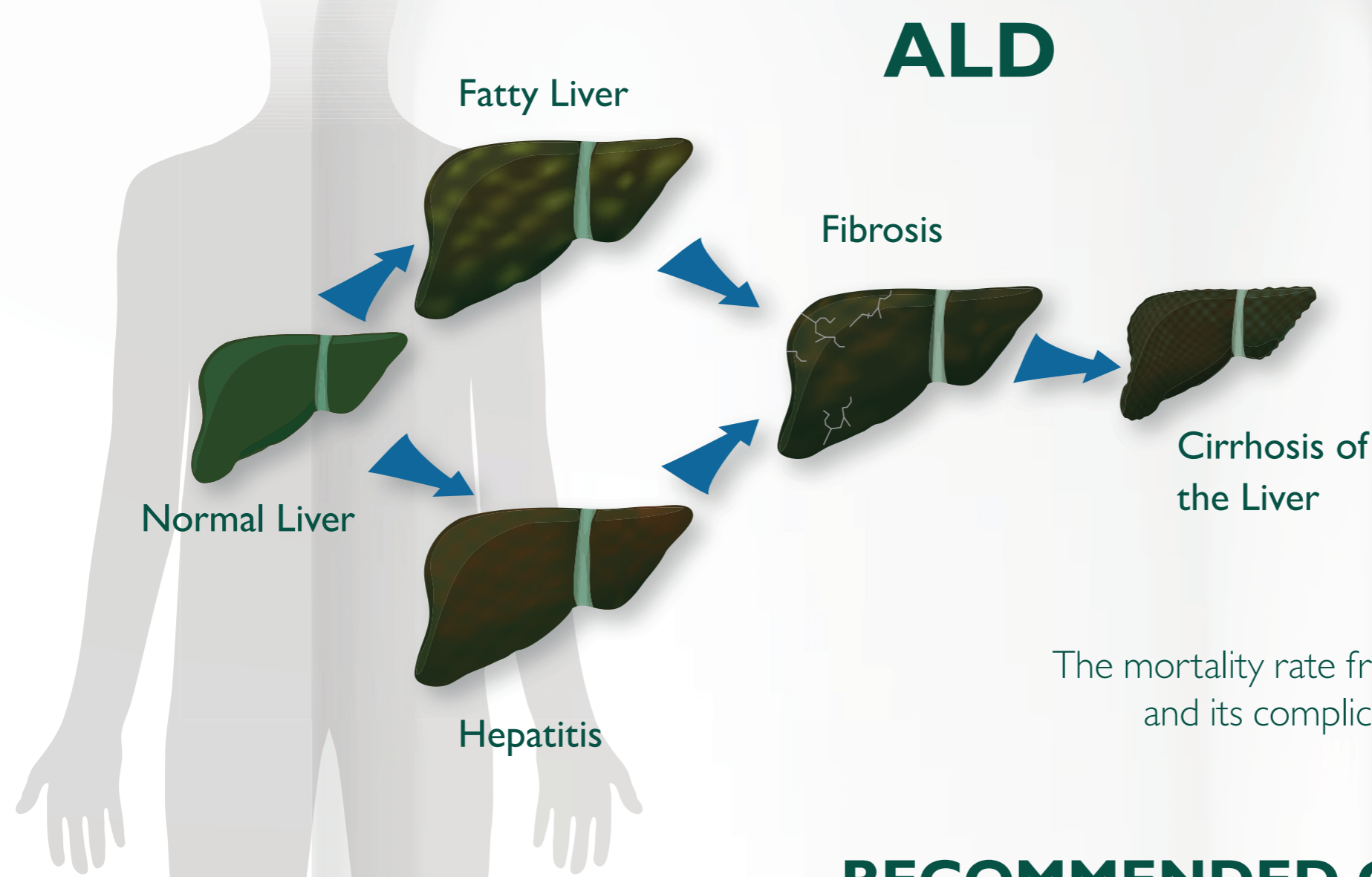
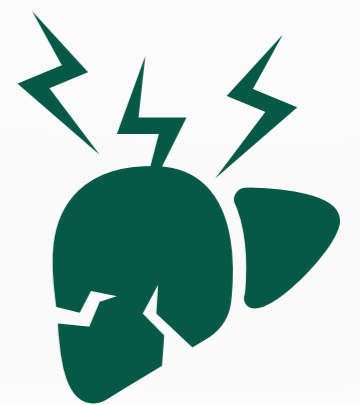
It is estimated that alcohol misuse leads to around **7000** deaths in the UK every year.



25% of people drink alcohol at levels that could put their health at risk.

COMMON HEALTH CONSEQUENCES

Regularly drinking more than the recommended amount of alcohol over a long period of time can damage the liver, leading to alcohol related liver disease (ALD) and liver cancer.



The mortality rate from cirrhosis of the liver and its complications is extremely high.

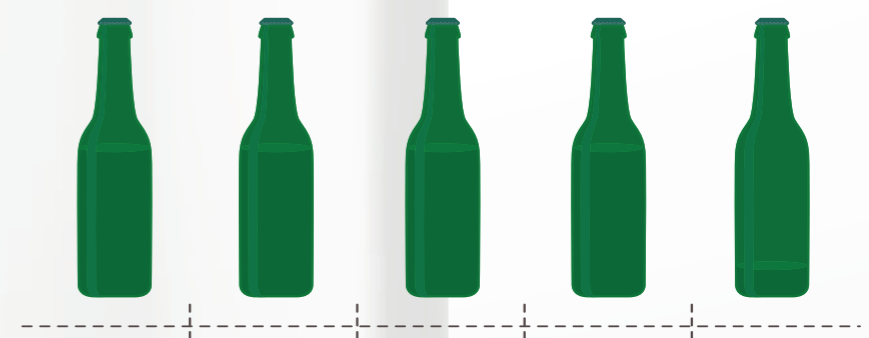
RECOMMENDED GUIDELINES

It is recommended that men and women should drink no more than 14 units of alcohol per week.



Five 250ml glasses of low alcohol wine (11% ABV)

14 units of alcohol =



Just over four 660ml bottles of 5.2% ABV lager