

I'll drink to that!



"the afluence of incahol"

starts with



stimulation

then things warm up



vasodilation

then things look different



impaired judgement

soon followed by



loss of balance

wobbly



sedative effect

sleepy



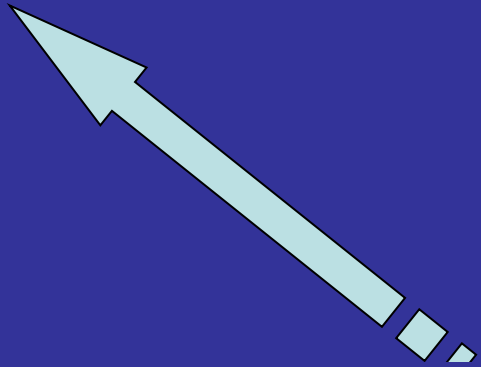
"tired and emotional"

weepy



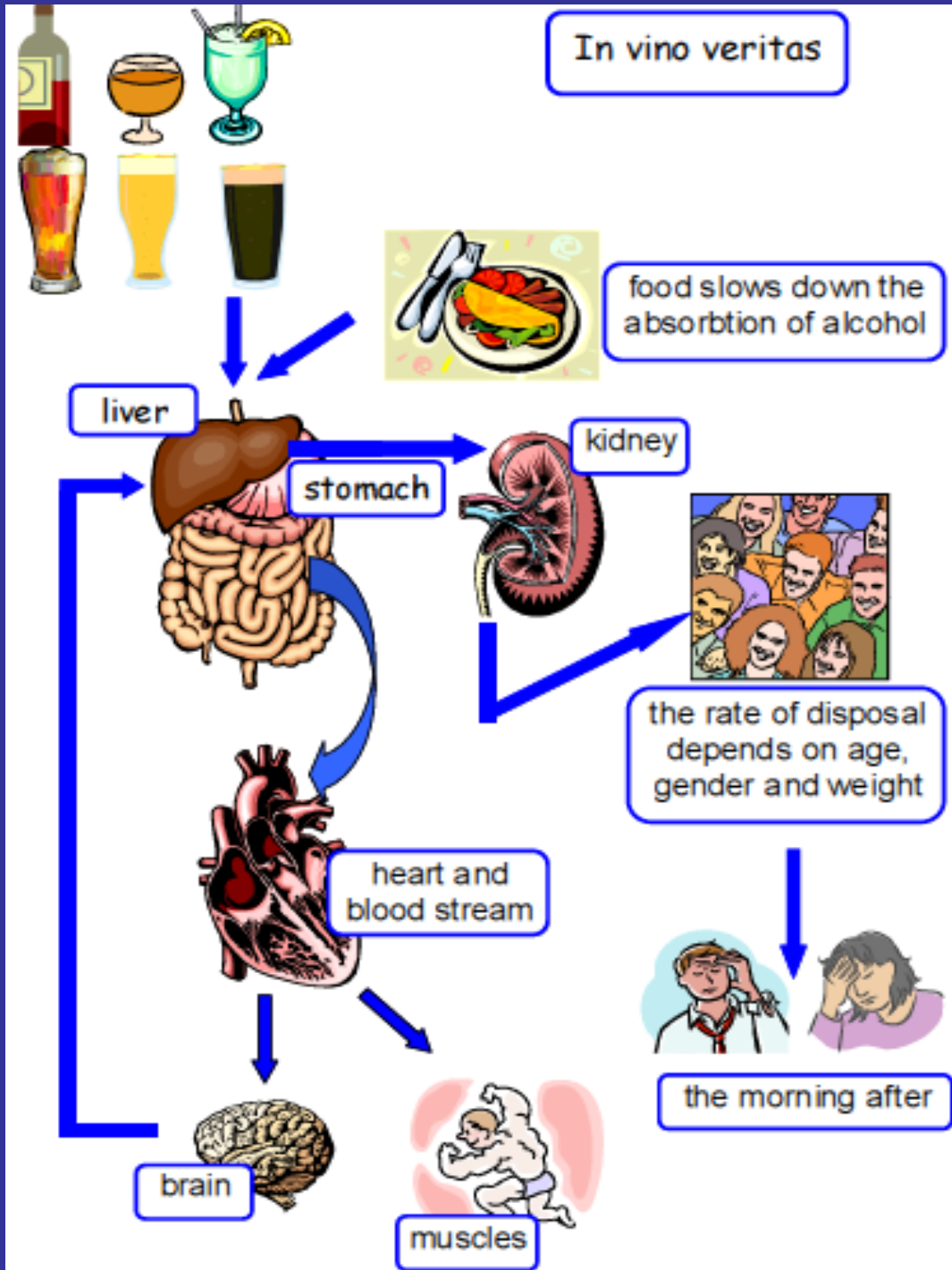


the morning after!!



What happens to the alcohol?

- the body can't store alcohol
- it has to get rid of it
- mostly via your liver
- toxic products pass out of the body in urine
- the body can break down about 1 unit of alcohol per hour
- age, gender and weight slow this down – it cannot be speeded up



Measuring alcohol

- alcohol is measured in *units*
- 1 unit = 10 millilitres of alcohol
= *2 teaspoons*
- alcoholic drinks contain a lot of water and a lot less alcohol
- how much alcohol you get depends on the strength and the volume you drink

Sample drinks	volumes and units
 Alcopop	400ml @ 5% = 2 units
X-strong lager 	500ml @ 8% = 4 units
 Can of lager	500 ml @ 4% = 2 units
Glass of cider 	500 ml @ 4% = 2 units
 Party cocktail	125 ml @ 40% = 5 units
Glass of wine 	160 ml @ 12.5% = 2 units
 Spirit & mixer	25ml @ 40% = 1 unit
Soft drink 	330 ml @ 0% = 0 units

500 ml is just under a pint

125 ml is a small wineglass

25 ml is a single measure

Cheap booze?



24 bottles @ 500 ml Extra strong

= 96 units for £16

= 17p per unit

= 4 days of 24/7 liver processing

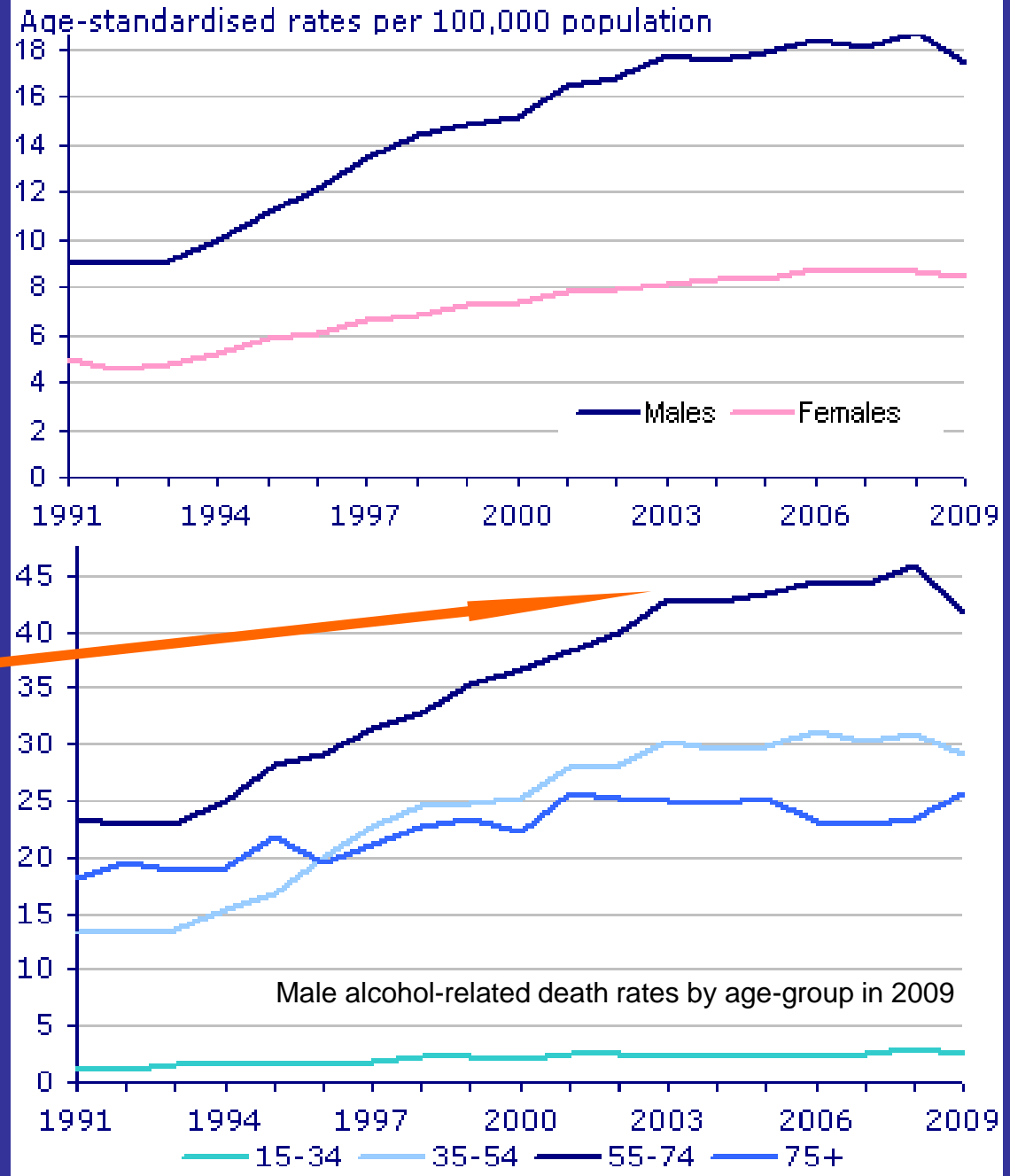
= 6 months recommended intake

Meanwhile back at the mortuary

1992 death rates
begin to rise

55 to 74 age group
after 20 years of
cheap booze

35 to 54 age group
following in father's
footsteps



Daily Mail

September 2009

**“Please help me Mum, I don't want to die”
Last words of alcoholic, 22, who died after
being refused liver transplant**



**Big rise in liver cirrhosis cases
Excessive alcohol consumption
is being blamed for a big rise in
deaths from the liver disease
cirrhosis in Britain**

where do all those calories go?

average calorie values per 500ml

beer / cider / lager	300
single whisky / gin / vodka	55
add Coca Cola	150
bottle of wine	550
alcopop	upto 300

and where does it all go?

ANIMAZING AGALLERY

That's all folks!

Cheers!