

# Alcohol and your heart

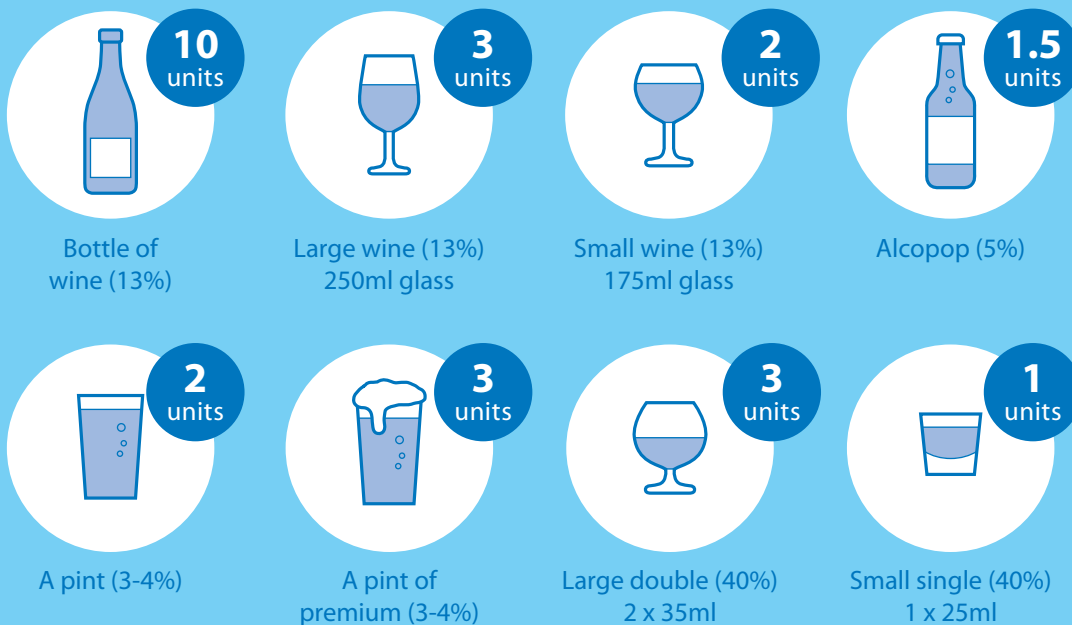
Alcohol can be beneficial for the heart, but drinking too much alcohol can lead to weight gain, high blood pressure, stroke, irregular heartbeats and disease of the heart muscle.



The average drink has between 100 and 200 calories. Calories from alcohol often add fat to the body, which may increase the risk of heart disease.

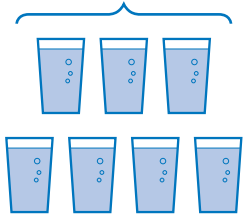
If your heart muscle has been damaged by alcohol, your healthcare professional may have advised you to give up alcohol completely.

## How many units are in your drink?



Remember to take care with home measures; they tend to be more generous than measures sold in pubs, bars and restaurants.

1 week =



Do not drink more than 2 units of alcohol a day or **14 units a week.**

## Alcohol current guidelines



Try to have 2 to 3 days a week when you do not drink any alcohol.



**Avoid 'binge drinking'** where you have all or most of your units or more than your units, in one go.

If you feel your drinking habits have changed recently please, discuss with your healthcare professional.