



Pharmaceutical
Society of Australia



Alcohol

Alcohol consumption can affect the health and well being of individuals, families and communities. Many people put themselves and others at risk of harm through their drinking habits. The NHMRC 'Australian Guidelines TO REDUCE HEALTH RISKS from Drinking Alcohol' advise on drinking habits with less risk to health.

The 'Australian Guidelines TO REDUCE HEALTH RISKS from Drinking Alcohol' advise levels of alcohol drinking that will reduce the risks of alcohol-related accidents, injuries, diseases and death.

Some people are at a higher risk of harm from alcohol and should consider keeping to lower drinking levels than suggested by these Guidelines. Things that put people at higher risk of harm include

- Being under 25 years or over 60 years of age
- Being underweight
- A family history of alcohol dependence
- Certain medical conditions
- Certain medicines, including complementary medicines.
- Use of illicit drugs.

Ask a doctor or pharmacist if your medical condition is likely to be affected by alcohol and if your medicine is likely to interact with alcohol. Never mix alcohol and illicit drugs.

Avoid alcohol when taking part in activities involving risk or needing skill and concentration such as driving, operating machinery, water activities and supervising children.

What do the guidelines recommend?

Guideline 1 – The lifetime risk of harm from drinking alcohol increases with the amount consumed.

For healthy adult men and women - drinking no more than two standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.

Guideline 2 – On a single occasion of drinking, the risk of alcohol-related injury increases with the amount consumed.

For healthy men and women – drinking no more than four standard drinks on a single occasion reduces the risk of alcohol related-injury arising from that occasion.

Guideline 3 – For children and young people under 18 years, not drinking is the safest option.

3A – Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.

3B – For young people aged 15-17 years, the safest option is to delay the initiation of drinking for as long as possible.

Your **Self Care** Pharmacist

Guideline 4 – Maternal alcohol consumption can harm the developing fetus or breastfeeding baby.

4A – For women who are pregnant or planning a pregnancy, not drinking is the safest option.

4B – For women who are breastfeeding, not drinking is the safest option.

In Australia, a 'standard drink' is any drink that contains 10g of alcohol, regardless of the volume or type of drink.

For more information

For more information or for help contact:

A doctor – listed under 'Medical Practitioners' in the yellow pages of the phone book.

Alcoholics Anonymous – AA Helpline phone (02) 9799 1199 (24hrs) or website www.aa.org.au
Also listed under 'A' in the white pages of the phone book.

Australian Alcohol Guidelines – website www.alcohol.gov.au

Alcohol and Drug Information Service phone:

ACT (02) 6207 9977 or 6205 4545
NSW (02) 9361 8000 or 1800 422 599
NT (08) 8922 8399 or 1800 131 350
QLD (07) 3837 5989 or 1800 177 833
SA (08) 8363 8618 or 1300 131 340
TAS 1800 811 994 VIC 1800 888 236
WA (08) 9442 5000 or 1800 198 024.

Lifeline – phone 13 11 14 or website www.lifeline.org.au

Kids Help Line – phone 1800 55 1800 or website www.kidshelp.com.au

Consumer Medicine Information (CMI) leaflets – your pharmacist can advise on availability.

NPS Medicines Line – phone 1300 888 763 Monday to Friday, 9am to 6pm EST.

The Poisons Information Centre – in case of poisoning phone 131 126 from anywhere in Australia.

Pharmacists are medicines experts. Ask a pharmacist for advice when choosing a medicine.

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Australian Government

Department of Health and Ageing

NUMBER OF STANDARD DRINKS – BEER

								
1.1 285ml Full Strength 4.8% Alc. Vol	0.8 285ml Mid Strength 3.5% Alc. Vol	0.6 285ml Low Strength 2.7% Alc. Vol	1.6 425ml Full Strength 4.8% Alc. Vol	1.2 425ml Mid Strength 3.5% Alc. Vol	0.9 425ml Low Strength 2.7% Alc. Vol	1.4 375ml Full Strength 4.8% Alc. Vol	1 375ml Mid Strength 3.5% Alc. Vol	0.8 375ml Low Strength 2.7% Alc. Vol
								
1.4 375ml Full Strength 4.8% Alc. Vol	1 375ml Mid Strength 3.5% Alc. Vol	0.8 375ml Low Strength 2.7% Alc. Vol	34 24 x 375ml Full Strength 4.8% Alc. Vol			24 24 x 375ml Mid Strength 3.5% Alc. Vol		19 24 x 375ml Low Strength 2.7% Alc. Vol

NUMBER OF STANDARD DRINKS – WINE

						
1.6 150ml Average Restaurant Serving of Red Wine 13.5% Alc. Vol	1 100ml Standard Serve of Red Wine 13.5% Alc. Vol	0.9 60ml Standard Serve of Port 18% Alc. Vol	1.4 150ml Average Restaurant Serving of White Wine 11.5% Alc. Vol	1 100ml Standard Serve of White Wine 11.5% Alc. Vol	1.4 150ml Average Restaurant Serve of Champagne 12% Alc. Vol	7.5 750ml Bottle of Champagne 12.5% Alc. Vol
						
8 750ml Bottle of Red Wine 13.5% Alc. Vol	43 4 Litres Cask Red Wine 13.5% Alc. Vol	21 2 Litres Cask Red Wine 13.5% Alc. Vol	7.5 750ml Bottle of White Wine 12.5% Alc. Vol	39 4 Litres Cask White Wine 12.5% Alc. Vol	19.5 2 Litres Cask White Wine 12.5% Alc. Vol	28 2 Litres Cask of Port 17.5% Alc. Vol

NUMBER OF STANDARD DRINKS – SPIRITS

							
1 30ml High Strength Spirit Nip 40% Alc. Vol	22 700ml High Strength Bottle of Spirits 40% Alc. Vol	1.1 275ml Full Strength RTD* 5% Alc. Vol	1.2 330ml Full Strength RTD* 5% Alc. Vol	2.6 660ml Full Strength RTD* 5% Alc. Vol	1.5 275ml High Strength RTD* 7% Alc. Vol	1.8 330ml High Strength RTD* 7% Alc. Vol	3.6 660ml High Strength RTD* 7% Alc. Vol
							
1 250ml Full Strength Pre-mix Spirits 5% Alc. Vol	1.2 300ml Full Strength Pre-mix Spirits 5% Alc. Vol	1.5 375ml Full Strength Pre-mix Spirits 5% Alc. Vol	1.7 440ml Full Strength Pre-mix Spirits 5% Alc. Vol	1.4 – 1.9 250ml High Strength Pre-mix Spirits 7% – 10% Alc. Vol	1.6 300ml High Strength Pre-mix Spirits 7% Alc. Vol	2.1 375ml High Strength Pre-mix Spirits 7% Alc. Vol	2.4 440ml High Strength Pre-mix Spirits 7% Alc. Vol