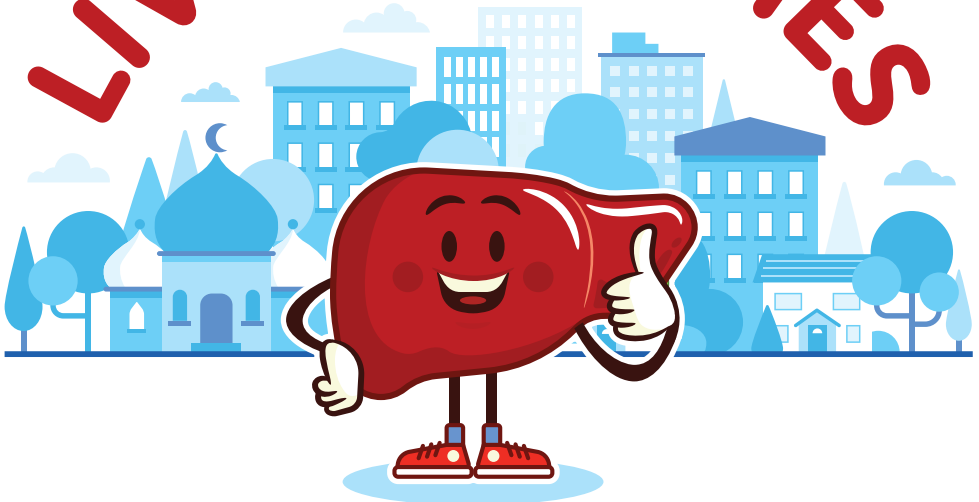


Alcohol and Your Liver

Information for patients

LIVER BUDDIES



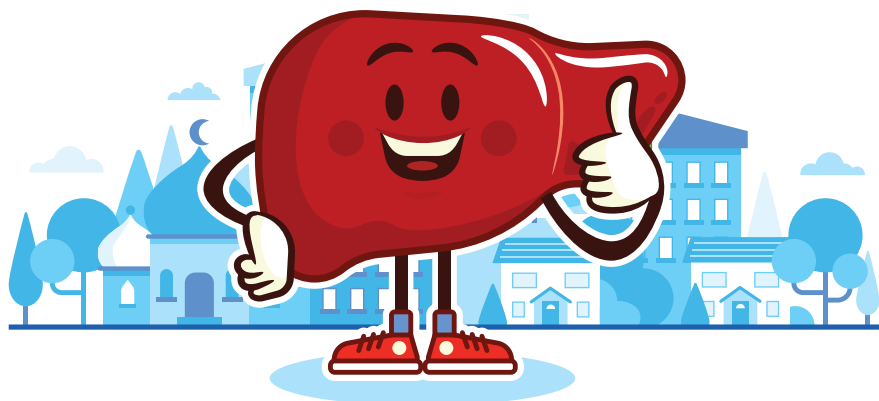
The liver is the first organ to process alcohol. Excessive drinking leads to a build up of fat in the liver.

The damage is often reversible if you cut down or stop drinking alcohol. Within a few weeks after stopping alcohol, a reduction in liver fat can be seen.

Continuing to drink excessively, increases the risk of the liver becoming inflamed, which increases the risk of scar tissue as the liver tries to heal itself. This is called fibrosis, which can lead to cirrhosis.

Consider reducing your alcohol consumption:

- 14 units a week is advised for both men and women, with two or three free alcohol days in the week.





What is a unit of alcohol?

At a glance:



2.2
units

1 pint of beer
/ lager / cider
(4% ABV)



1.5
units

330 ml bottle
of beer / lager
/ cider
(4.5% ABV)



2.2
units

175 ml glass
of wine
(12.5% ABV)



3.1
units

250 ml glass
of wine
(12.5% ABV)



9.8
units

750 ml
bottle
of wine
(13% ABV)



1
unit

25 ml
measure
of spirits
(40% ABV)

Further Information



Alcohol misuse
[NHS \(www.nhs.uk\)](http://www.nhs.uk)



Alcohol units
[NHS \(www.nhs.uk\)](http://www.nhs.uk)



Love Your Liver Month
[British Liver Trust \(www.britishlivertrust.org.uk\)](http://www.britishlivertrust.org.uk)



Alcohol Tips
[British Liver Trust \(www.britishlivertrust.org.uk\)](http://www.britishlivertrust.org.uk)



What did you think of your care?

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Your views matter

