



ALCOHOL UPURIA

its effects on me and my family



what about my family

Alcohol is a drug.
It changes the way people think, feel
and act.

- acute intoxication causes accidents -
people may fight - sometimes fatally
- money problems, always being
sorry, not saying yes, not, having
diffies
- stress, being angry, family
breakdown
- crime, fight what you are doing, driving
with police, jail and fines

what if I'm pregnant?

- you can harm the way your baby
grows and develops
- may cause miscarriage
- may affect the way your baby hears
as a child and later
- if you are pregnant, or planning to
become pregnant, you should
completely stop drinking at all
- if you're breastfeeding, it's safest
not to drink at all

problems for baby

- breathing trouble when born
- weak muscles
- heart and brain problems
- can't sleep well

and, drinking too much can make you sick

- hangover
- sick to the stomach
- headache
- feeling tired

high blood pressure

- chest pain
- breathing problems
- heart failure

liver disease

- hurts to touch
- gives you pain

brain damage

- loss of memory

low blood sugar in diabetes

keep yourself safe

- make an appointment
- know when you've had enough
- don't drink and drive
- if you drink too much, get help or call
someone to help

help & more info

Alcohol & Drug Information Service
1800 1234 5678
Alcohol & Drug Information Service
1800 1234 5678
Alcohol & Drug Information Service
1800 1234 5678

The above information is intended to provide general information only and is not intended to be a substitute for professional medical advice. If you have any concerns about your health, please consult your doctor.

© 2000 Alcohol & Drug Information Service. All rights reserved. This material is for informational purposes only and is not intended to be a substitute for professional medical advice. If you have any concerns about your health, please consult your doctor.



ALCOHOL & DRUG INFORMATION SERVICE