

Tips for a Healthier You

Alcohol Addiction

What is a standard drink?



- A can* (330ml) of regular beer with 4-5% alcohol content

**A can of beer with 8% alcohol content = 2 standard drinks*



- Half glass (100ml) of wine with 15% alcohol content



- A shot (30ml) of spirits with 40% alcohol content

How much alcohol is too much?

No more than 2 standard drinks per day for men.

What is binge drinking?

- Consuming **5 or more** alcoholic drinks at a time
- Binge drinking **increases the risk** of stroke, liver diseases, high blood pressure, accidents and death



Signs of Addiction

- **Feel the need to drink alcohol** to "get high".
- Will feel **anxious, sweating and nausea** if you didn't drink alcohol.
- **Unable to cut down** on the amount you drink.
- Feel the need to drink more alcohol and has **difficulties recovering from alcohol effect**.
- **Affecting work and relationships**.



How to drink responsibly?



- **Check with your doctor** if you can drink, especially if you are on medications.
- **Eat before and during** a drinking session.
- Drink slowly.
- **Do NOT drink and drive** or operate equipment and machines.
- Stay within the alcohol limit (i.e. 2 cans of beer)
- Be able to **"say NO"** to drinking.

Get help if you find that alcohol has caused problems in your work and daily life.

- Migrant Workers' Centre - 6536 2692
- HealthServe - 3129 5000

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Sources:

1. "Why is binge drinking bad for you". HealthHub. March 2022.

2. "Responsible drinking. Know your alcohol limit". HealthHub. March 2022.