

If you think you need help or advice contact your G.P, epilepsy specialist nurse, or Alcoholics Anonymous or Quit line. Details are available from:

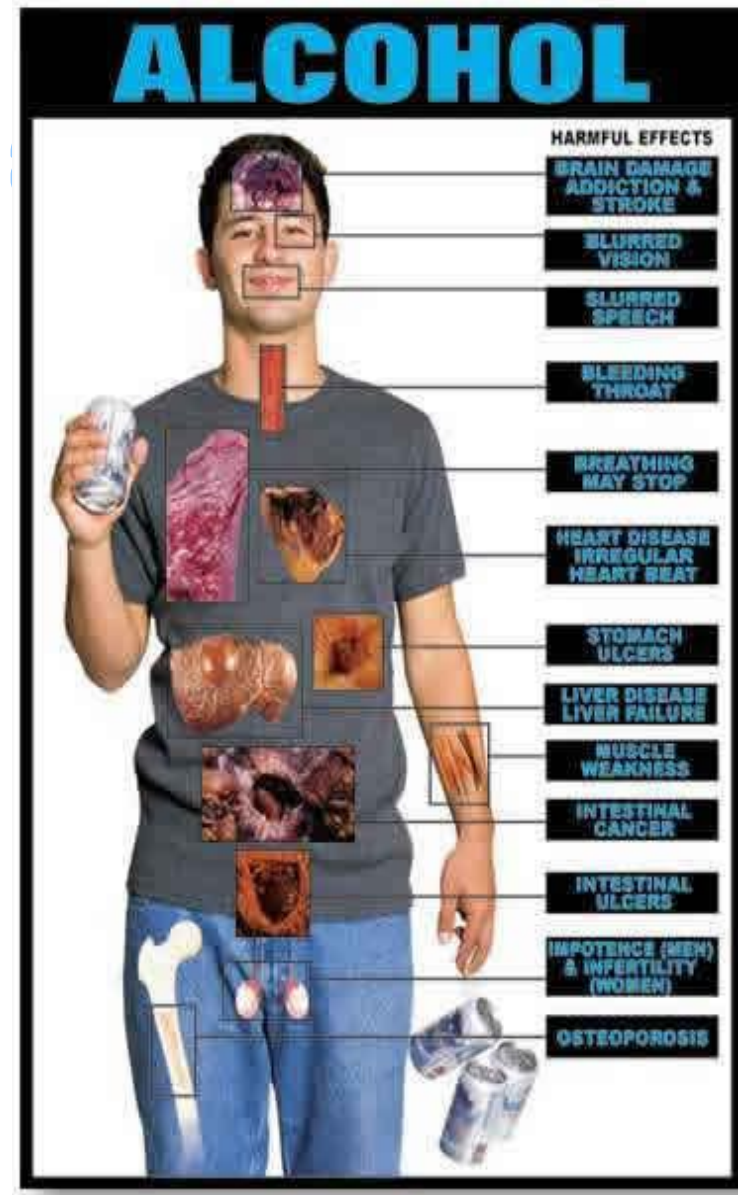
Epilepsy helpline - Free phone 0808 800 5050

Or contact Addiction Dependency Solutions 01282 416655

References:

www.epilepsy.org.uk

'Focus On Alcohol: A guide to drinking and health-
The health Promotion Agency' 2009



The Effects of Alcohol on our bodies

Headaches



Blackouts



Problems with understanding
Forgetfulness

Weaken the heart



If you have any of the symptoms below when you don't drink you may also be dependent on Alcohol:-

Nausea



Sweating

Shaking



Anxiety



Black outs



**You may be dependent on alcohol
if:-**

Craving
a strong need to drink
alcohol

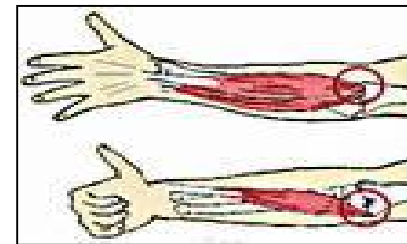
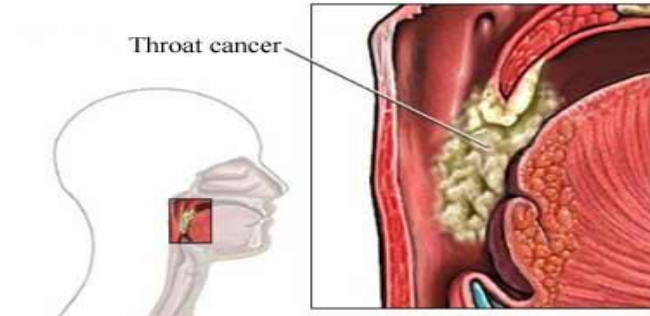


Loss of control
• the inability
to limit your
Drinking.

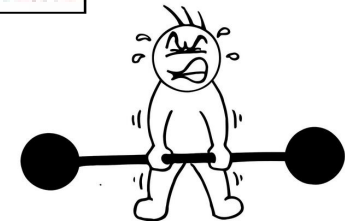


Tolerance
-Needing to drink
more to get the same
effect

More chance of cancer



**Make your
muscles weaker**



Pins and needles in your hands and feet



You may be more likely to be involved in a

traffic accident



Domestic accidents
Slips or falls



Make your bones easier to break

Being a victim of crime



Cause ulcers in your stomach. This will cause pain



You may get into trouble with the police

If you drink too much on a regular basis it can cause:-

Anxiety



Sleep problems

Mood swings



How much is too much?

Safe drinking guidelines:

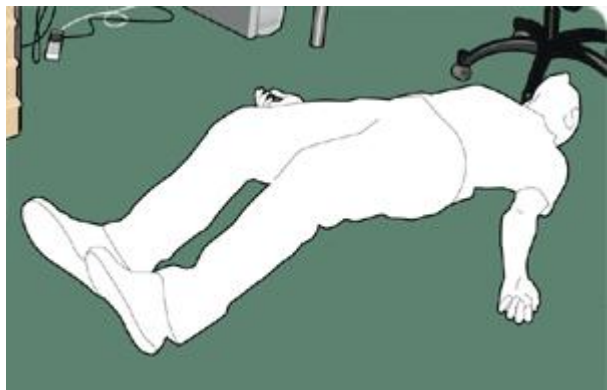
Men should not drink more than 4 units in one day

Women not more than 3 units a day



**Caution:
Epilepsy and Alcohol**

Drinking Alcohol may cause you to have more fits/seizures



Having more than **2 units** can cause more fits/seizures

**Anti - epileptic
Medication**



Your tablets may cause you to become drunk faster.

Drinking Alcohol can make this side effects of your tablets worse.



**Its important
not to
forget your
medication.**