

Some Medicines and Alcohol Don't Mix

Dozens of medicines interact with alcohol and can be harmful.

Taking aspirin or arthritis medications and drinking alcohol can increase the risk of bleeding in the stomach.

Taking the painkiller paracetamol (present in many preparations such as Solpadol®, Lemsip® and Co-codamol) and drinking alcohol can increase the chances of liver damage.

Cold and allergy medicines that contain antihistamines often makes people sleepy. Drinking alcohol can make this drowsiness worse and impair coordination, which can lead to falls or accidents.

Drinking alcohol and taking some medicines that aid sleep or relieve anxiety or depression can cause a range of problems, including sleepiness and poor coordination as well as difficulty breathing, rapid heartbeat and memory problems. Combining alcohol and antidepressants can also worsen depression.

Drinking alcohol and taking medications for high blood pressure, and heart conditions can make them worse as these medicines can cause blood pressure to drop too much.

Drinking alcohol and taking some medicines for cholesterol or diabetes can cause severe liver damage or dangerously low blood glucose levels.

Drinking alcohol and taking any medicines for ulcers or other stomach problems delays the process of healing.

"Hi, my name is Tom Damsell. I am a Team Leader with the Gwent Drug and Alcohol Service. My job is to make sure that everyone who needs our support gets it. Give us a call if you have concerns about your or someone else's drinking. It's never too late to make a change"



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Latest statistics from the Welsh Health Survey state that younger people are actually drinking less and older people are drinking more

The majority of adults age 65 and older drink alcohol. Most of them don't have a drinking problem but are sometimes unaware their drinking is causing harm.

Adults of all ages can have problems with alcohol. In general, older adults don't drink as much as younger people, but they can still have trouble with drinking. As people get older, their bodies change. They can develop health problems and take more medications than they used to. All of these changes can make alcohol use problematic for older adults.

Drinking alcohol can make some health conditions worse, including; diabetes, high blood pressure, liver problems, memory problems, depression or anxiety

The Royal college of psychiatrists recommend women and men over 65 drink no more than 1.5 units of alcohol a day the equivalent of half a pint of 5% lager.

Please answer Yes or No to the following questions:	Yes	No
When talking with others, do you ever underestimate how much you drink?		
After a few drinks, have you sometimes not eaten or been able to skip a meal because you didn't feel hungry?		
Does having a few drinks help decrease your shakiness or tremors?		
Does alcohol sometimes make it hard for you to remember parts of the day or night?		
Do you usually take a drink to calm your nerves?		
Do you drink to take your mind off your problems?		
Have you ever increased your drinking after experiencing a loss in your life?		
Has a Doctor or Nurse ever said they were worried or concerned about your drinking?		
Have you ever made rules to manage your drinking?		
If you ever feel lonely, does having a drink help?		

Reducing or stopping drinking alcohol can have many health benefits including:

- Increased energy
- Decreased blood pressure
- Improved memory
- Improved sleep

And you'll save money!



If you answered yes to three or more of these questions a change in your drinking habits could improve your health