

In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Alcohol and your health





About this easy read booklet



This booklet is about alcohol and your health.



You can learn about alcohol and how to drink alcohol responsibly.



If you are worried about your health, you should talk to a doctor or nurse.



Alcohol and your health



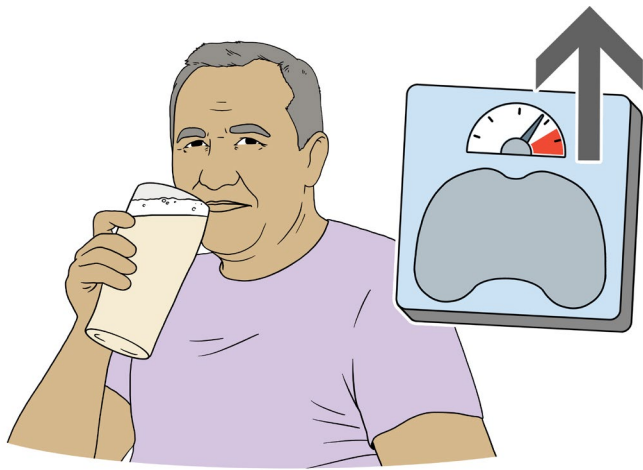
You can make changes to your life that may make you less likely to get cancer.



You can do things to keep yourself healthy. Drinking less alcohol is one of these things.



All types of alcohol increase your risk of getting cancer. This includes beer, cider, wine, and spirits like vodka or whiskey.



Alcohol can also cause you to gain weight.



If you do not drink alcohol you lower the risk of getting cancer. It is best for your health if you do not drink alcohol. If you drink alcohol, try to keep to the guidelines below.



You should not drink more than 14 **units** of alcohol in a week.



A **unit** is the amount of alcohol in a drink. Check the label on the bottle to see how many units are in that drink.



A standard glass of wine has about **2 units of alcohol**.

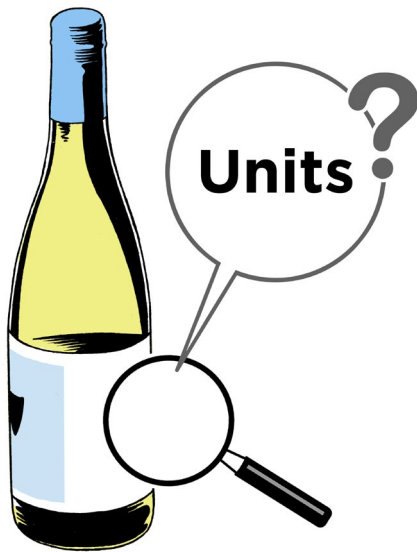


A pint of normal strength beer, lager or cider has between **2 to 3 units**.

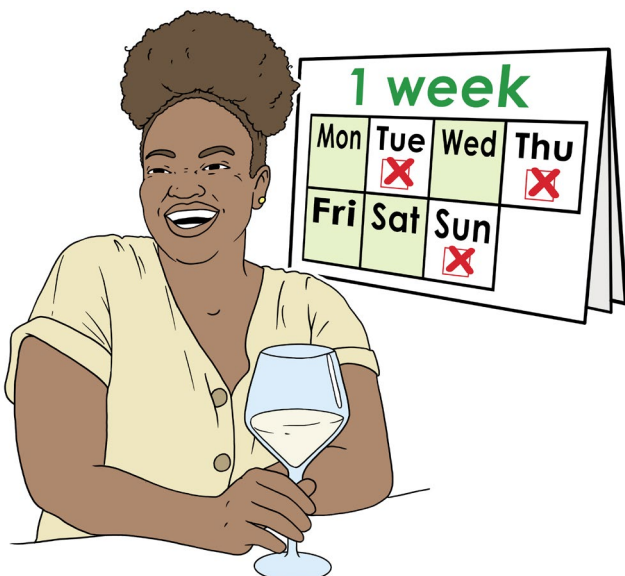
25ml



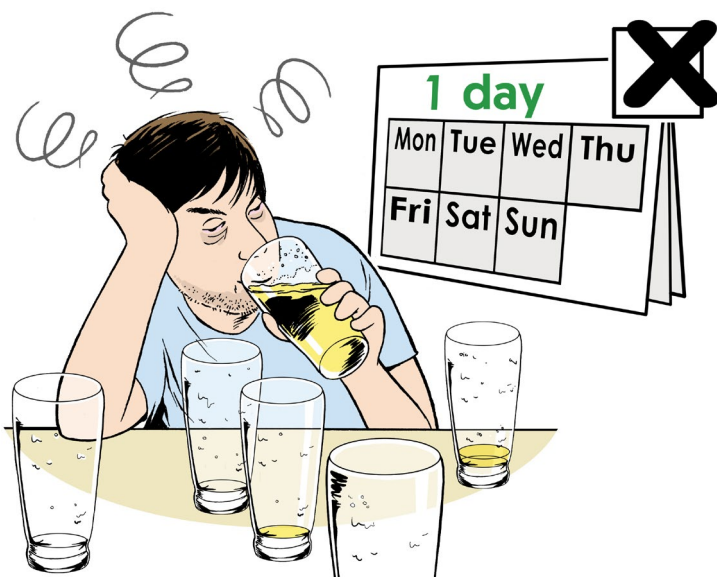
A single measure of spirit has **1 unit**. A measure is 1 shot, this is about 25ml. You can mix spirits with soft drinks like lemonade to dilute them.



These are based on average servings. The amount of units depends on the strength of alcohol. You can find out how many units are in a drink by checking the bottle.



If you drink 14 units in a week, you should spread them across at least 3 days. You should have a few days in each week when you do not drink any alcohol.



You should not drink 14 units on the same day.



Ask your doctor if you would like any more support with drinking less alcohol.



Always drink responsibly.
This means not drinking too much, and making safe choices like not drinking and driving.



How Macmillan can help you



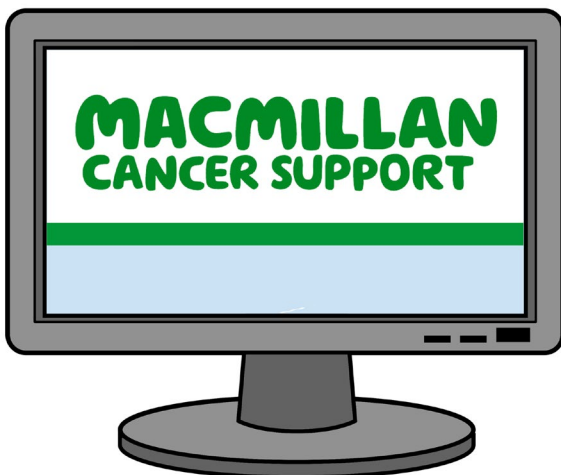
You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

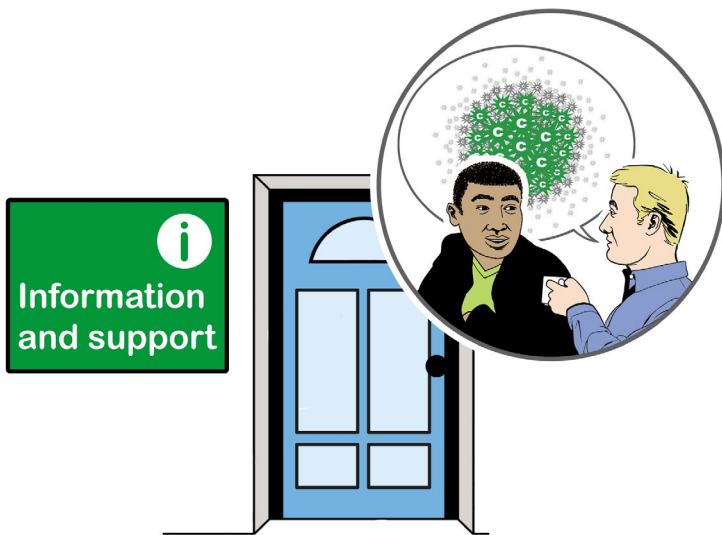


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at

macmillan.org.uk/informationcentres or call us.



Local support groups

Find a group near you at

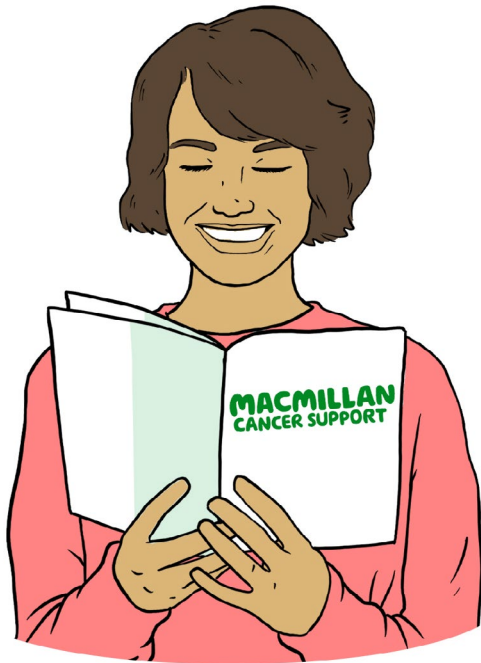
macmillan.org.uk/supportgroups or call us.



Macmillan Online Community

You can talk to other people in similar situations at

macmillan.org.uk/community



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

orders.macmillan.org.uk



Videos

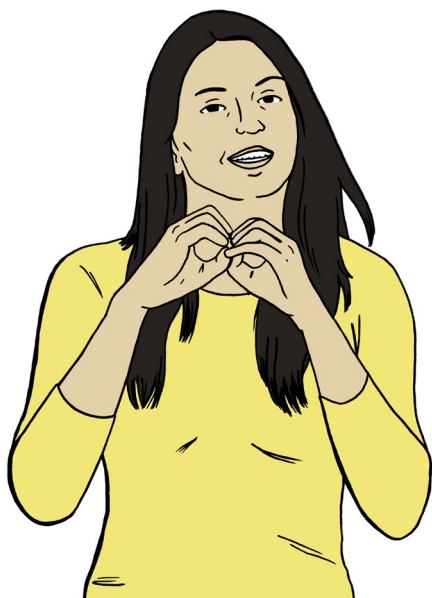
You can watch videos about cancer at

macmillan.org.uk/videos



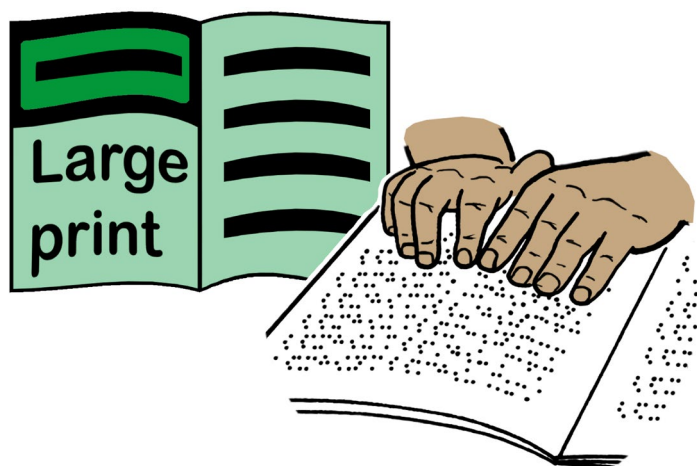
Audio

You can listen to information about cancer and order CDs from macmillan.org.uk/audio



British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



Large print or Braille

Tell us if you need information in large print or Braille.

Email: informationproductionteam@macmillan.org.uk



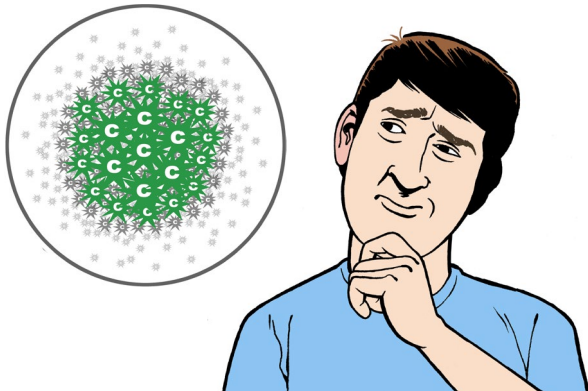
Translations

Tell us if you need information in another language.

Email: informationproductionteam@macmillan.org.uk



More easy read booklets



Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)

About cancer

- Lung cancer
- What is cancer?

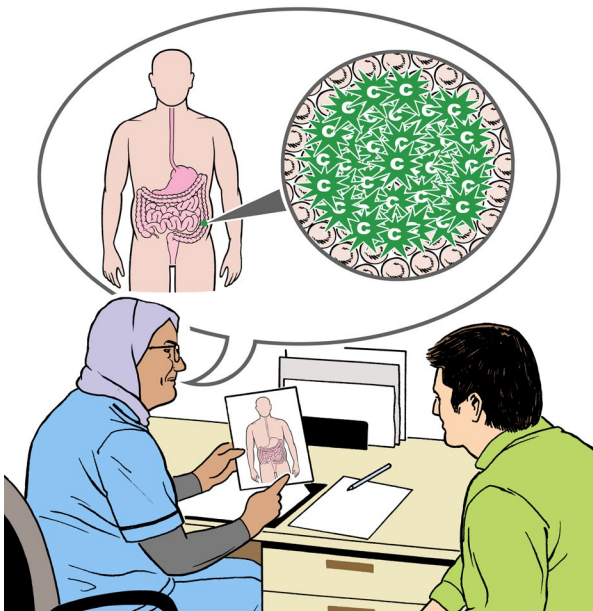
Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



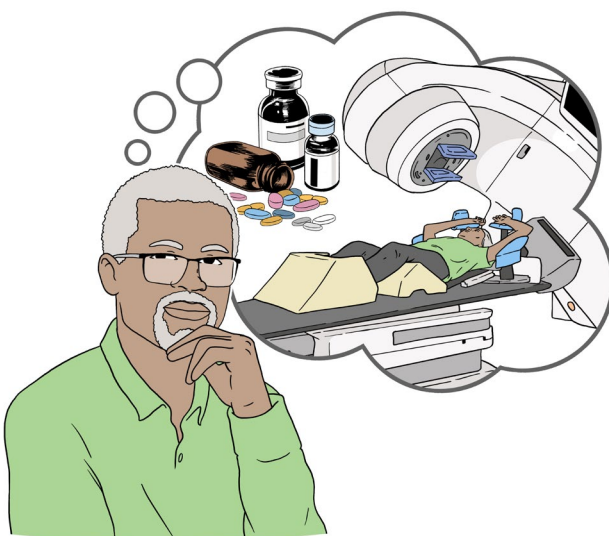
Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living a healthy life

- Alcohol and your health
- Be safe in the sun
- Eat a healthy diet
- Exercise
- Have safer sex



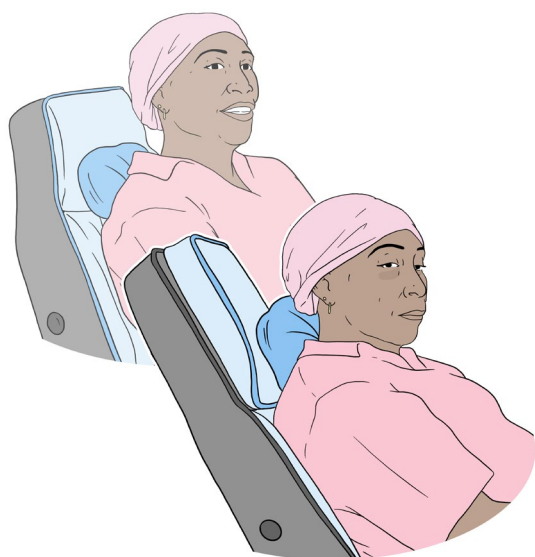
Living with cancer

- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



Living with cancer

- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



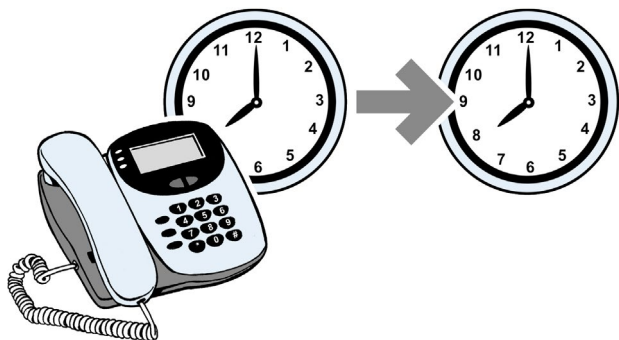
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

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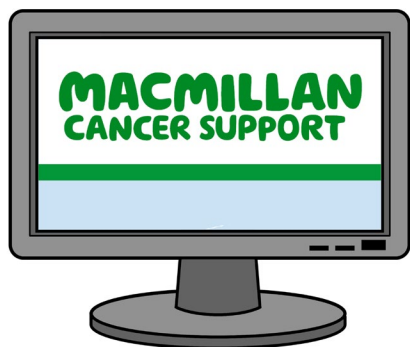
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
18001 0808 808 00 00



- Or go to the website:
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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