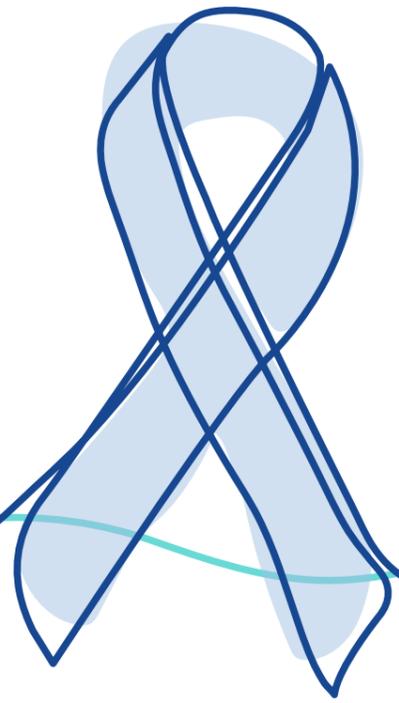


# NEW GOVERNMENT ALCOHOL GUIDELINES FOR MEN & WOMEN



You wouldn't regularly drink more than **14 units per week**

This means that you shouldn't drink more than...

...this amount of wine

175ml glasses  
of 13% wine



...or this amount of lager or ale

568ml pints  
of 4% lager or ale



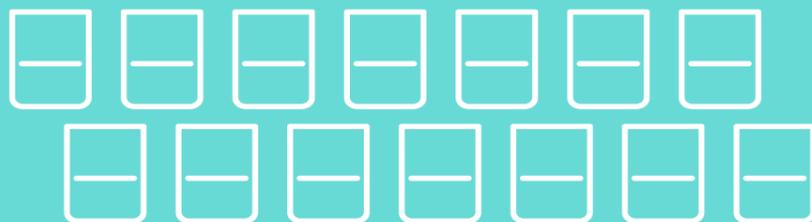
...or this amount of cider

568ml pints  
of 4.5% of cider



...or this amount of spirits

25ml glasses  
of 40% spirits



Drinking alcohol to excess is linked with **mouth cancer** and the risk greatly increases for those who **drink and smoke**. It is very important that you visit the dentist regularly for an **oral health check**.

 **Mouth Cancer  
Action Month  
November 2022**  
Oral Health Foundation