

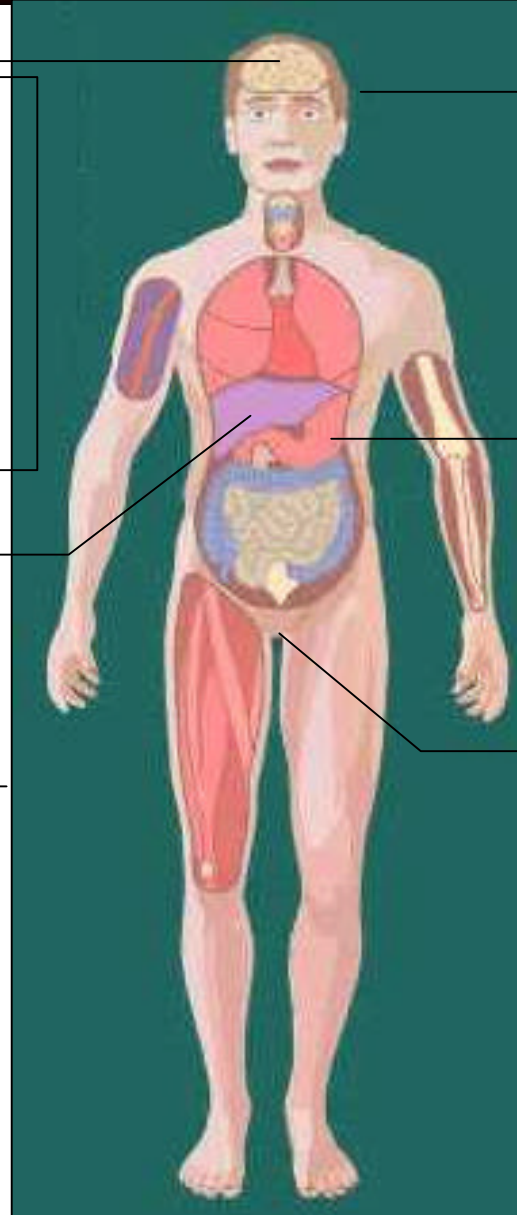
# Alcohol Harm and Reduction

**Amnesia, increased risk of suicide,  
Wernicke's Encephalopathy  
Korsakov's Syndrome**

**Reduce intake  
Maintain good diet  
Refer to medical treatment for Thiamine  
supplements**

**Fatty liver, liver disease  
Reduce intake; don't mix with  
cocaine, LFTs,**

**General:  
Count units; drink within safe limits  
Have alcohol-free days  
Address alcohol-related risky  
behaviours**



**Risk of accidents, falls, trauma  
Avoid risky drinking  
environments, extinguish naked  
flames at night, don't drive**

**Gastritis, stomach ulcers  
Don't drink on empty  
stomach, seek medical help  
for treatment**

**Increased risk of unsafe sex  
Use of condoms**

**Foetal Alcohol Syndrome  
Current advice – abstain  
during pregnancy or when  
trying to conceive**