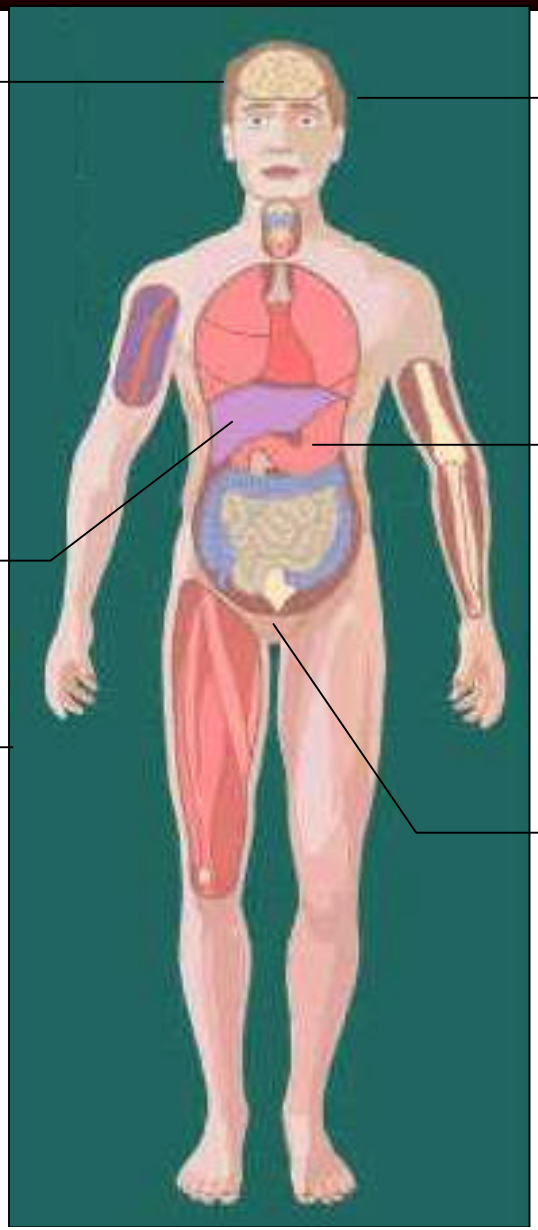
Alcohol
Harm and Reduction



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, have a liver test

General:
Count units; drink within safe limits.
Have alcohol-free days;
Address alcohol-related risky behaviours.
Don't mix with opiates, benzos, GHB, stimulants, Ketamine
Do not stop drinking suddenly if dependent.

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