



## Alcohol and medicine

Drinking alcohol can cause problems if you're taking certain medicines. Some medicines become stronger or weaker, or their side-effects are worse.

A medicine label that says 'Not to be taken with alcohol' means you should not drink any alcohol the whole time you're on that medicine. Always check the label and ask your pharmacist or doctor if you can safely drink alcohol.

## Where to get help

**Aspire, Drug and Alcohol Services**  
Rosslyn House, 37 Thorne Road,  
Doncaster DN1 2JH.  
Call: **01302 730956**



This new integrated service aims to help Doncaster people who need information, support or treatment with their substance or alcohol misuse. People can self-refer, or their family, carer, GP or any other professional can refer them with their consent.

### Opening hours for drop-ins:

Tues and Fri 11am - 5pm  
Mon and Thurs 11am - 7pm

**Changing your drinking habits can be hard but it is never too late.**

**For more information visit: [www.aspire.community](http://www.aspire.community)**

### Other useful websites:

[www.nhs.uk](http://www.nhs.uk)

[www.ageuk.org.uk](http://www.ageuk.org.uk)



Understand alcohol and  
its effects on older people



**Doncaster**  
Metropolitan Borough Council



## Alcohol and its effects on older people

Alcohol is broken down more slowly in the body as we age. The same amount of alcohol tends to have a greater effect on older people and can affect you more than it did when you were younger.

The next time you have a drink, notice the effects that alcohol has on you. Think about cutting down if you feel that even a small amount of alcohol is affecting you more or causing problems.

### Effects of alcohol:

- Loss of balance
- Being less alert
- Slower reaction times
- Blurry vision.

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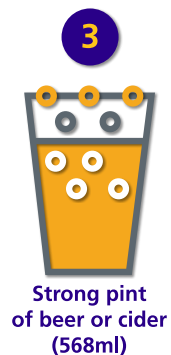
older people attended DRI Accident & Emergency Dept with an alcohol related injury in 2015!

These symptoms can lead to falls, injuries, car crashes, and other kinds of accidents.

(Alcohol Concern)

## Alcohol units

National guidelines



Men & women are advised not to regularly drink more than 14 units a week.

## Alcohol and your health problems

As we age, we're more likely to have health problems that can be made worse by drinking alcohol. It can also cause new health problems. Drinking above the recommended units can increase or make existing conditions worse such as:

- High blood sugar (diabetes)
- High blood pressure
- Some cancers, breast, mouth, throat, liver and bowel
- Memory loss and dementia
- Liver problems
- Stomach problems (ulcers)
- Sleep problems (insomnia)
- Weak bones (osteoporosis)
- Depression, anxiety and other mental health problems.

140% the number of people aged 60 and over admitted to hospitals in England with Alcohol related dementia has risen by over 140% over the past 10 years.

(Alcohol Concern)

## Cutting down & getting help

Many people cut down on, or stop, drinking alcohol as they get older but some people continue to drink heavily or drink more alcohol than they used to. Reasons can include:

- Habits and a drinking lifestyle
- Coping with loneliness
- Loss of a loved one
- Relationship problems
- Anxiety
- Depression
- Insomnia
- More free time
- Trauma or pain.

If you think any of the above reasons apply to you and your drinking habits. Talk to your GP or call Aspire, Drug and Alcohol Services on 01302 730956.

