

What is a unit of alcohol?

One unit of alcohol is 10 ml (1 cl) by volume, or 8 g by weight, of pure alcohol. For example, one unit of alcohol is about equal to:

- half a pint of ordinary strength beer, lager, or cider (3–4% alcohol by volume), or
 - a small pub measure (25 ml) of spirits (40% alcohol by volume), or
 - a standard pub measure (50 ml) of fortified wine such as sherry or port (20% alcohol by volume).
- There are one and a half units of alcohol in:
- a small glass (125 ml) of ordinary strength wine (12% alcohol by volume), or
 - a standard pub measure (35 ml) of spirits (40%

The recommended limits are:

- up to 2 to 3 units a day for a woman
- up to 3 to 4 units a day for a man
- 2 days free from alcohol for everyone.

‘Drinking moderately can reduce the risk of alcohol-related illness including oral cancer’

Contacts

Alcoholics Anonymous
www.alcoholics-anonymous.org.uk
0845 769 7555

Drinkline - National Drinkline
0800 917 8282

Our Mission Statement:

“Our aim is to deliver the highest standard of care in a comfortable and friendly environment”.

CASTLE DENTAL CARE
We'll take care of you

First Floor,
Tangmere square,
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B35 6DL

Tel: 08443878877

www.castledentalcare.org.uk

Opening Times

Monday 9am - 5.30 pm
Tuesday 9am - 5.30 pm
Wednesday 8.30am - 5.00pm
Thursday 8.30am - 5.00pm
Friday 8.30am - 4.30 pm

Wheelchair access available



Leaflet Revised 21/06/12

Smoking And Alcohol

The effect on the mouth



You don't have to wait long for the benefits to start once you stop:

- **20 minutes:** Blood pressure and pulse return to normal.
- **8 Hours:** nicotine and carbon monoxide levels in the blood are halved.
- **24 Hours:** Carbon monoxide will be eliminated from your body. Your lungs will have started to clear out the tar.
- **48 Hours:** No nicotine left in your body. Taste and smell are improved.
- **72 Hours:** Breathing becomes easier. Energy levels increase.
- **2-12 Weeks:** Circulation improves. Exercise is easier.
- **3-9 Months:** coughs, wheezing and breathing problems improve.

Source: www.nosmokingday.org.uk

Smoking increases your risk of getting:-

- Bad Breath. (Halitosis)
- Bacterial, Viral and fungal infections.
- Periodontal (Gum) Disease.
- Cancer of the Tongue, Lips and other soft tissues of the mouth.

Smoking constricts small blood vessels under the skin so healing in the mouth is delayed.

Tar builds up on the surface of the teeth, making them ugly, stained and difficult to clean.

What does Smoking do to the inside of my mouth?

Smoking dries the insides of your mouth and makes infections more likely, plaque levels increase making gum disease and tooth decay more common.

What are the benefits to my mouth if I give up smoking?

- Your breath will be fresher
- Food will taste nicer.
- Less dryness of the mouth, resulting in less plaque and reduced incidence of gum disease.
- Reduction of infections.
- Less likelihood of mouth cancer.
- Less Staining of the Teeth.

Why is excess alcohol harmful for my mouth?

Alcohol damages the soft tissues inside the mouth and increases the incidence of mouth cancer. Heavy drinking **and** smoking increases this risk further. Your Dentist screens you for any signs of damage at your regular dental check-ups.

How can I give up smoking?

Giving up cigarettes is not always easy. First decide on a date to give up and stick to it!

Take each day at a time, and plan a treat at the end of the day as a reward.



Try to avoid situations which trigger you to smoke, sometimes a change of routine may help. Choose activities to replace smoking which help to distract you. Gentle exercise may help.

Remind yourself of the reasons for wanting to give up smoking. If you do feel a strong urge to smoke, chew gum, or have a glass of water.

Consider Nicotine replacement therapy; This comes in different forms: patches, gums, nasal sprays, tablets, lozenges and inhalators. It weans you off nicotine while you break your smoking behaviour. A course lasts 3 months. Used correctly it can double your chance of stopping. If you are pregnant, under 18 or have a heart condition, ask your doctor before using NRT.

Do something that will take your mind off the subject.

Keep at it, the urge to smoke will become less as time goes by.

Contact your G.P. or the NHS Stop Smoking Service who can give advice on services in your area

Alternatively, Contact the Helpline:
0800 169 0 169

www.gosmokefree.co.uk

