

A Hangover Free Life

Lower-risk drinking	Men who regularly drink no more than 3 to 4 units a day Women who regularly drink no more than 2 to 3 units a day
Increasing-risk drinking	Regularly consuming between 22 and 50 units per week (adult men) or between 15 and 35 units per week (adult women).
Higher-risk drinking	Regularly consuming over 50 alcohol units per week (adult men) or over 35 units per week (adult women).
Harmful drinking	A pattern of alcohol consumption that is causing mental or physical damage (WHO).
Hazardous drinking	A pattern of alcohol consumption that increases someone's risk of harm. Some would limit this definition to the physical or mental health consequences (as in harmful use). Others would include the social consequences. The term is currently used by WHO to describe this pattern of alcohol consumption. It is not a diagnostic term, but is important when considering screening populations.
Binge drinking	The excessive consumption of alcohol (more than double the lower risk drinking levels in a single session) in a short period of time often with the intention of getting drunk or feeling the effects of alcohol.
Alcohol dependence syndrome	<p>A cluster of cognitive, behavioural, and physiological symptoms.</p> <p>A diagnosis of dependence should only be made if three or more of the following have been experienced or exhibited at some time in the previous twelve months:</p> <ul style="list-style-type: none"> • a strong desire or sense of compulsion to drink; • difficulties in controlling drinking in terms of onset, termination, or levels of use; • a physiological withdrawal state when alcohol use has ceased or been reduced, or use of alcohol to relieve or avoid withdrawal symptoms; • evidence of tolerance, such that increased doses of alcohol are required to achieve effects originally produced by lower doses;

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| | <ul style="list-style-type: none">• progressive neglect of alternative pleasures or interests because of alcohol use;• continued use despite clear evidence of harmful consequences. |
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WHO ICD-10