

Alcohol and your Liver

Information for patients



Abdominal Medicine
and Surgery

The liver is the first organ to process alcohol. Excessive drinking leads to a build up of fat in the liver.

The damage is often reversible if you cut down or stop drinking alcohol. Within a few weeks after stopping alcohol, a reduction in liver fat can be seen.

Continuing to drink excessively, increases the risk of the liver becoming inflamed, which increases the risk of scar tissue as the liver tries to heal itself. This is called fibrosis, which can lead to cirrhosis.

Consider reducing your alcohol consumption:

- 14 units a week is advised for both men and women, with two or three free alcohol days in the week.



What is a unit of alcohol?

At a glance:



2.2
units
1 pint of beer
/ lager / cider
(4% ABV)



1.5
units
330 ml bottle
of beer / lager
/ cider
(4.5% ABV)



2.2
units
175 ml glass
of wine
(12.5% ABV)



3.1
units
250 ml glass
of wine
(12.5% ABV)



9.8
units
750 ml
bottle
of wine
(13% ABV)



1
unit
25 ml
measure
of spirits
(40% ABV)

Further information:



Alcohol misuse
[NHS \(www.nhs.uk\)](http://www.nhs.uk)



Alcohol units
[NHS \(www.nhs.uk\)](http://www.nhs.uk)



Love Your Liver Month
**[British Liver Trust](http://www.britishlivertrust.org.uk)
[trust.org.uk](http://www.britishlivertrust.org.uk)**



Alcohol Tips
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What did you think of your care?

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