

Ways of drinking alcohol that is fun and beneficial for your health and work

The right amount of alcohol can enrich our lives, lubricating relationships and helping us relax. Drinking together can deepen friendships and be beneficial for work.

However, drinking to excess is not only bad for your health, but can also cause problems and trouble. Have you ever experienced a hangover that adversely affected your work, worsened the results of your medical check-ups, or made you angry with others? A good drinker is not a person who drinks a lot of alcohol, but a person who manages to get along well with alcohol. Let's master fun and healthy ways to drink alcohol, taking note of the points explained below.

1 Let's consider the good and bad aspects of alcohol

Good things that happen when I drink

Bad things that happen when I drink

2 Is your drinking dangerous?

Where are you ranked out of 100 people of the same age based on your total score for the questions on your drinking (AUDIT)?

Compare the results with the national survey value and write it in the "Dangerous drinking ranking" on the right.

Men

| Age (years) | 20-39 | 40-59 | 60-74 |
|-------------|-----------|-----------|-----------|
| Top 3 | 20 points | 20 points | 20 points |
| Top 5 | 18 points | 18 points | 16 points |
| Top 10 | 15 points | 16 points | 13 points |
| Top 20 | 11 points | 12 points | 10 points |
| Top 30 | 8 points | 10 points | 7 points |
| Top 40 | 6 points | 8 points | 6 points |
| Top 50 | 4 points | 7 points | 4 points |
| Top 60 | 3 points | 5 points | 4 points |
| Top 70 | 2 points | 4 points | 2 points |
| Top 80 | 1 points | 2 points | 0 points |
| Top 90 | 0 points | 0 points | 0 points |

Women

| Age (years) | 20-39 | 40-59 | 60-74 |
|-------------|-----------|----------|----------|
| Top 3 | 10 points | 6 points | 4 points |
| Top 5 | 8 points | 5 points | 4 points |
| Top 10 | 6 points | 4 points | 3 points |
| Top 20 | 4 points | 3 points | 2 points |
| Top 30 | 3 points | 2 points | 1 points |
| Top 40 | 2 points | 2 points | 0 points |
| Top 50 | 2 points | 1 points | 0 points |
| Top 60 | 1 points | 1 points | 0 points |
| Top 70 | 0 points | 0 points | 0 points |
| Top 80 | 0 points | 0 points | 0 points |
| Top 90 | 0 points | 0 points | 0 points |

Dangerous drinking ranking

Ranking out of 100 people of the same age

3 Let's review the results of your medical examination My test results

Fill in "My test results" for your medical examination in the table on the right.

[Liver function test (AST, ALT, γ GTP)]

The liver is easily damaged by drinking. Excessive drinking can lead to fatty liver disease. If you then continue drinking alcohol, fatty liver disease becomes alcoholic hepatitis and eventually progresses to liver cirrhosis.

Write the results of your Liver function test, which is closely related to alcohol consumption, in "My test results" on the right. Compare your γ GTP with the results of the national survey.

[Blood pressure]

The reference standard for blood pressure is 140/90. If either the upper blood pressure (systolic blood pressure) or the lower blood pressure (diastolic blood pressure), or both, are above the reference value, this is known to significantly increase the risk of cerebrovascular disease (stroke), heart disease and kidney disease.

Alcohol consumption is one of the causes of elevated blood pressure. Drinking alcohol increases blood pressure due to its effect on the central nervous system and autonomic nerves, damage to blood vessels, and its effect on hormonal balance.

On the other hand, it is known that a moderate intake of about 2 drinks lowers systolic blood pressure (= upper blood pressure) by about 4 mmHg. You could improve your blood pressure by changing the way you drink.

AST : _____ IU/L (Normal range 5-40)
 ALT : _____ IU/L (Normal range 5-35)
 γ GTP: _____ IU/L (Normal range 0-35)
 γ GTP ranking: _____ out of 100 people
 BP: _____ / _____ (Standard value: 140/80)

| Men | γ GTP (IU/ℓ) | Women |
|---------|---------------------|---------|
| Top 13 | ≥80 | Top 3 |
| Top 16 | 70-79 | Top 4 |
| Top 20 | 60-69 | Top 5 |
| Top 26 | 50-59 | Top 8 |
| Top 35 | 40-49 | Top 12 |
| Top 51 | 30-39 | Top 20 |
| Top 77 | 20-29 | Top 40 |
| Top 99 | 10-19 | Top 96 |
| Top 100 | <10 | Top 100 |

4 When do you tend to drink a lot of alcohol?

The amount of alcohol you drink depends on a number of factors, including the time of day, location, your mood, and the people you are with. Ascertain the patterns of situations where you drink a lot of alcohol and devise ways to cope with the situation without increasing your alcohol intake.

Mark situations where you tend to drink a lot with a ✓

Let's think about ways to cope with these situations without increasing your alcohol intake.

- | | |
|---|--|
| <input type="checkbox"/> Work parties | <input type="checkbox"/> When it's hot |
| <input type="checkbox"/> Sales and entertainment | <input type="checkbox"/> When you're happy or feel uplifted |
| <input type="checkbox"/> Exhibitions, seminars, study sessions | <input type="checkbox"/> When meeting up with relatives |
| <input type="checkbox"/> When pressured by a boss, business partner, etc. | <input type="checkbox"/> When eating alone |
| <input type="checkbox"/> Parties with friends or work colleagues | <input type="checkbox"/> When you have free time |
| <input type="checkbox"/> Events such as funerals, ceremonies and weddings | <input type="checkbox"/> When you're depressed or frustrated |
| <input type="checkbox"/> Meetings and gatherings with neighbors | <input type="checkbox"/> When you've argued with someone |
| <input type="checkbox"/> At the pub, going out for a snack, singing karaoke | <input type="checkbox"/> When you can't sleep, when you want to sleep |
| <input type="checkbox"/> When passing by a convenience store or vending machine | <input type="checkbox"/> When you're physically fatigued or feeling unwell |
| <input type="checkbox"/> On the way home from work | <input type="checkbox"/> When you're hungry |
| <input type="checkbox"/> Evening before days off, weekends | <input type="checkbox"/> When you receive money or your salary |
| <input type="checkbox"/> Watching sporting events | <input type="checkbox"/> Whenever you start drinking |

5 Let's set some goals

Decide on an achievable goal, be as specific as possible and declare the goal to someone. For example:

- Up to 2 medium-sized beer + 1 glass of sake
- Up to 10 regular cans of beer per week
- Breath alcohol 0 using an alcohol checker the next morning
- Two or more non-drinking days a week

My goal is _____

_____.

I promise to _____ that I will achieve this goal.

6 Let's think about ways to achieve your goal

Ways of achieving your goal

- | | |
|--|---|
| <input type="checkbox"/> Fill up with a meal first at drinking parties | <input type="checkbox"/> Count your drinks as you drink |
| <input type="checkbox"/> Set an upper limit for drinking | <input type="checkbox"/> Drink soft drinks after midnight |
| <input type="checkbox"/> Also drink non-alcoholic beer | <input type="checkbox"/> Only drink at drinking parties |
| <input type="checkbox"/> Do not go to the third party | <input type="checkbox"/> Use an alcohol breath check the next morning |
| <input type="checkbox"/> Avoid other people who drink too much | <input type="checkbox"/> Put the glass down after one sip |
| <input type="checkbox"/> Abstain from drinking for a certain period | <input type="checkbox"/> Decide on a reward when you reach your goal |
| <input type="checkbox"/> Spend all your time singing and less time sitting | <input type="checkbox"/> Calculate your alcohol spending in one month |
| <input type="checkbox"/> Talk about attending this meeting with others | <input type="checkbox"/> Increase enjoyment of activities other than drinking |
| <input type="checkbox"/> Declare that you're reducing your alcohol intake | <input type="checkbox"/> Record your blood pressure and weight |
| <input type="checkbox"/> Reduce the amount of money you take with you when you go out | |
| <input type="checkbox"/> Say that you've been called out by your company for drinking too much | |
| <input type="checkbox"/> Compare drink driving fines with designated driver service fees | |
| <input type="checkbox"/> Explain that you've been told by your doctor to stop drinking | |
| <input type="checkbox"/> Put a lot of ice in your glass | |

7 Information packet

① Distribution of alcohol intake (Heavy drinker ranking)

| Age (years) | Men | | | Age (years) | Women | | |
|-------------|-----------|-----------|----------|-------------|----------|----------|----------|
| | 20~39 | 40~59 | 60~74 | | 20~39 | 40~59 | 60~74 |
| Top 3 | 14 drinks | 12 drinks | 8 drinks | Top 3 | 7 drinks | 4 drinks | 2 drinks |
| Top 5 | 13 drinks | 9 drinks | 7 drinks | Top 5 | 6 drinks | 3 drinks | 2 drinks |
| Top 10 | 9 drinks | 7 drinks | 6 drinks | Top 10 | 4 drinks | 2 drinks | 1 drinks |
| Top 20 | 6 drinks | 6 drinks | 4 drinks | Top 20 | 2 drinks | 1 drinks | 1 drinks |
| Top 30 | 4 drinks | 4 drinks | 4 drinks | Top 30 | 2 drinks | 1 drinks | 0 drinks |
| Top 40 | 3 drinks | 4 drinks | 3 drinks | Top 40 | 1 drinks | 1 drinks | 0 drinks |
| Top 50 | 2 drinks | 3 drinks | 2 drinks | Top 50 | 1 drinks | 1 drinks | 0 drinks |
| Top 60 | 2 drinks | 2 drinks | 1 drinks | Top 60 | 1 drinks | 0 drinks | 0 drinks |
| Top 70 | 1 drinks | 1 drinks | 1 drinks | Top 70 | 0 drinks | 0 drinks | 0 drinks |
| Top 80 | 1 drinks | 1 drinks | 0 drinks | Top 80 | 0 drinks | 0 drinks | 0 drinks |
| Top 90 | 0 drinks | 0 drinks | 0 drinks | Top 90 | 0 drinks | 0 drinks | 0 drinks |

Drink conversion table [1 drinks = 10g pure alcohol (12.5 ml)]

Regular can of beer: 1.4 drinks, Mug of beer: 1.3 drinks

Tall beer can: 2.0 drinks, 1 glass of sake: 2.2 drinks

② Drunk driving

- ✓ The effect of drunk driving is more potent in men and young people
- ✓ Drunk driving increases the severity of people's injuries in car accidents
- ✓ The effect of drunk driving on people who drink regularly is no different to the effect on non-drinkers
- ✓ The effect of drunk driving on people who are not prone to red flushing of the face is no different to the effect on people who are prone to red flushing of the face

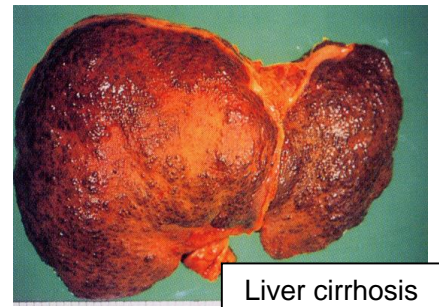
③ Liver damage



Normal liver



Fatty liver



Liver cirrhosis

④ Indicators of excessive drinking other than AUDIT

① Experience of heaving drinking

Standard screening test for drinking problems in the US.

Reference values:

“Consumption of 5 or more (men) or 4 or more (women) regular cans of beer (or mugs) in one day, in the past year”

② High average daily alcohol consumption

Amount of drinking that poses a risk of lifestyle-related diseases as determined by the Ministry of Health, Labour and Welfare.

Reference values:

“Average daily consumption of 2 or more (men) or 1 or more (women) tall cans of beer”

⑤ Alcoholic drink comparison table

The concentration (content) of alcohol contained in alcohol differs depending on the type of alcohol, which makes it difficult to objectively evaluate how much you drink. Therefore, a unit called “drinks” is used to evaluate the amount of alcohol consumed, and the amount of alcohol consumed is converted to pure alcohol.

- 1 drink is 10 grams of pure alcohol.
- The way to convert alcohol consumption to pure alcohol is: Volume of consumed alcohol (mL) × concentration of alcohol × 0.8.
- The concentration of alcohol is content divided by 100. 0.8 is the specific gravity of alcohol.
- The time needed to break down alcohol is one hour for every 0.4 drinks (4 grams).

| | | No. drinks | Beer conversion (ml) |
|----------------------------|---|------------|----------------------|
| Beer | 1 glass | 0.7 | 180 |
| | Medium bottle | 2.0 | 500 |
| | Large bottle | 2.5 | 633 |
| | Regular can | 1.4 | 350 |
| | Tall can | 2.0 | 500 |
| | Mug | 1.3 | 320 |
| Japanese sake (15%) | 1 glass (180ml) | 2.2 | 540 |
| | Small cup (30ml) | 0.4 | 90 |
| Shochu (20%) | 1 glass | 2.9 | 720 |
| Shochu (25%) | 1 glass | 3.6 | 900 |
| Chuhai (7%) | Regular can | 2.0 | 490 |
| | Tall can | 2.8 | 700 |
| | Mug | 1.8 | 448 |
| Wine (12%) | Wine glass (120ml) | 1.2 | 288 |
| | Half bottle (375ml) | 3.6 | 900 |
| | Full bottle (750ml) | 7.2 | 1,800 |
| Whisky (40%) | Single with water (unblended whisky 30ml) | 1.0 | 240 |
| | Double with water (unblended whisky 60ml) | 2.0 | 480 |
| | One bottle (720ml) | 23.0 | 5,760 |
| Plum wine (13%) | 1 glass (180ml) | 1.9 | 486 |
| | Small cup (30ml) | 0.3 | 78 |

Trivia 1

Even a small reduction in the amount you drink can have a significant effect.

If you reduce your daily intake by one tall can of beer, it will reduce your calorie intake per month by 1 kg of fat.

Trivia 2

Beer after exercise is special, but when you drink alcohol, the water in your body is used for urination and to break down the alcohol, causing dehydration. After drinking, rehydrate before going to bed.

Trivia 3

In fact, uric acid is produced in the process of breaking down alcohol. If your uric acid levels are high, you could drink purine-free liquor, but also reduce the amount of alcohol itself