

You don't have to be alcohol dependent to be at risk of alcohol-related liver disease

Regularly drinking above the low risk guidance of no more than 14 units per week can increase risk of liver disease several fold.

You can find out more about how alcohol affects our health by visiting alcohol-focus-scotland.org.uk

**Worried about your own or someone else's drinking?
Drinkline can provide advice: 0800 731 4314
Mon-Fri, 9am to 9pm
Sat-Sun, 10am to 4pm**

