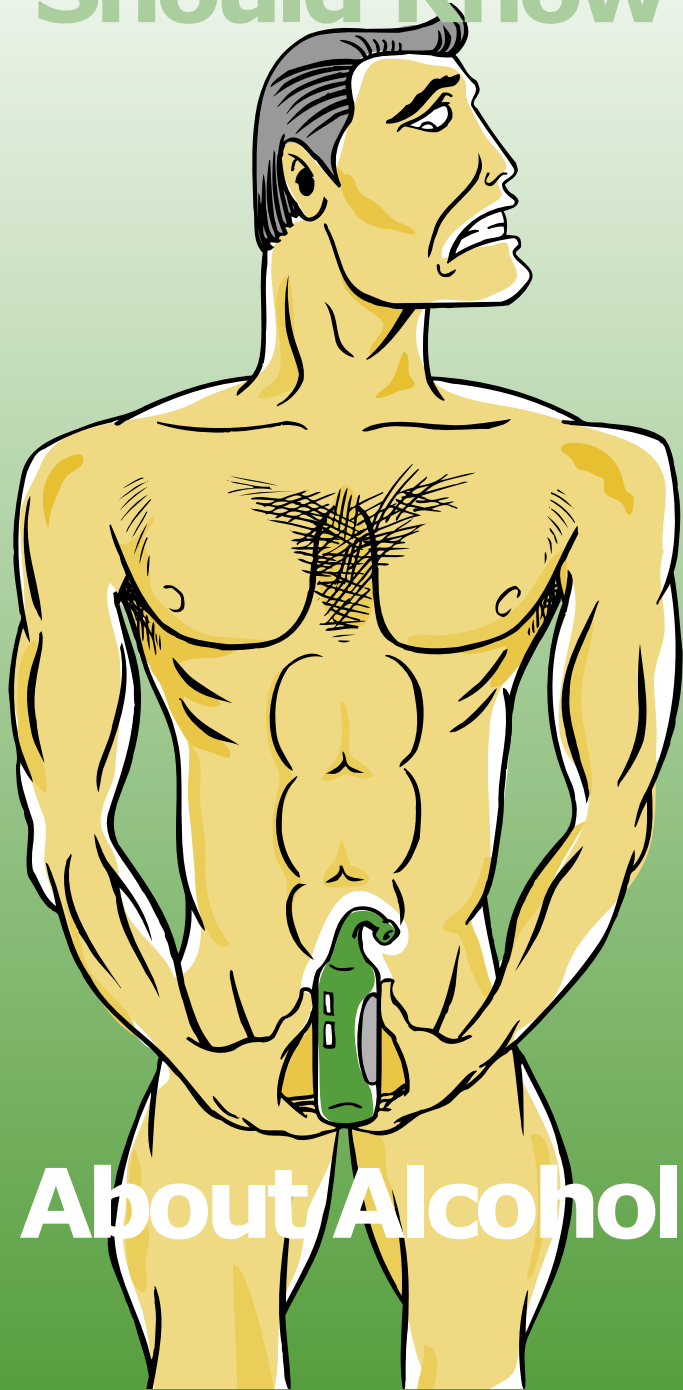


What Real Men Should Know



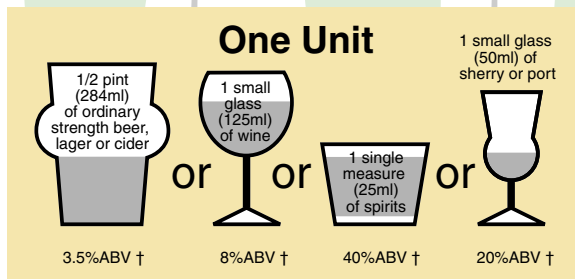
About Alcohol

“Cheers, your health!”

Because we are all genetically different, alcohol has a different effect on different people. Human beings are not designed to run on alcohol; it's like putting diesel into a petrol engine. However, most experts agree that two units of alcohol per day are unlikely to cause a man any harm, provided of course, he is not and has never been alcohol-dependent, is free of liver damage and is not taking any medication which might react with alcohol.

For some men over the age of forty, drinking one unit of alcohol a day may offer some protection from heart attacks. Above these very low levels, there is an increasing risk of other health problems, particularly various cancers.

Drinking to improve your health is probably an unwise move in any case. It is very easy to kid yourself that what you like doing is good for you, and consumption can easily creep up. Since 1984, the numbers of men dying from liver cirrhosis has increased more than two and a half times! The UK Department of Health advises a maximum 'sensible' consumption of four units on any one day and a weekly maximum of 21 units.



“What should a real man do?”

He should stop imagining that drinking makes him more of a lad. Real men act responsibly, look after themselves and have care for others too. Hooray Henry seldom has the last laugh.

If you are worried about your own or someone else's drinking, you can talk in confidence to an Advice Worker/Counsellor. The telephone numbers are listed below.

alcoline

0115 941 4747

Lo-call 0845 762 6316

Minicom 0115 948 5555

9.00am until 7.00pm

Monday through to Friday

Saturdays 9.00am to 1.00pm

email apas@apas.org.uk

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“Alcohol puts hairs on your chest!”
“A real man can hold his liquor.”
“You’re not a real man unless you can
down 15 pints at a sitting.”

Where alcohol is concerned, men seem to believe a lot of old wives tales! The truth about drinking is very different. Alcohol can cause some very unmasculine things to happen to your body.

The development of breasts:

This happens as the delicate balance of male and female hormones is upset by the impact of alcohol, which appears to speed up the breakdown of testosterone (male hormone) into oestrogens (female hormones).

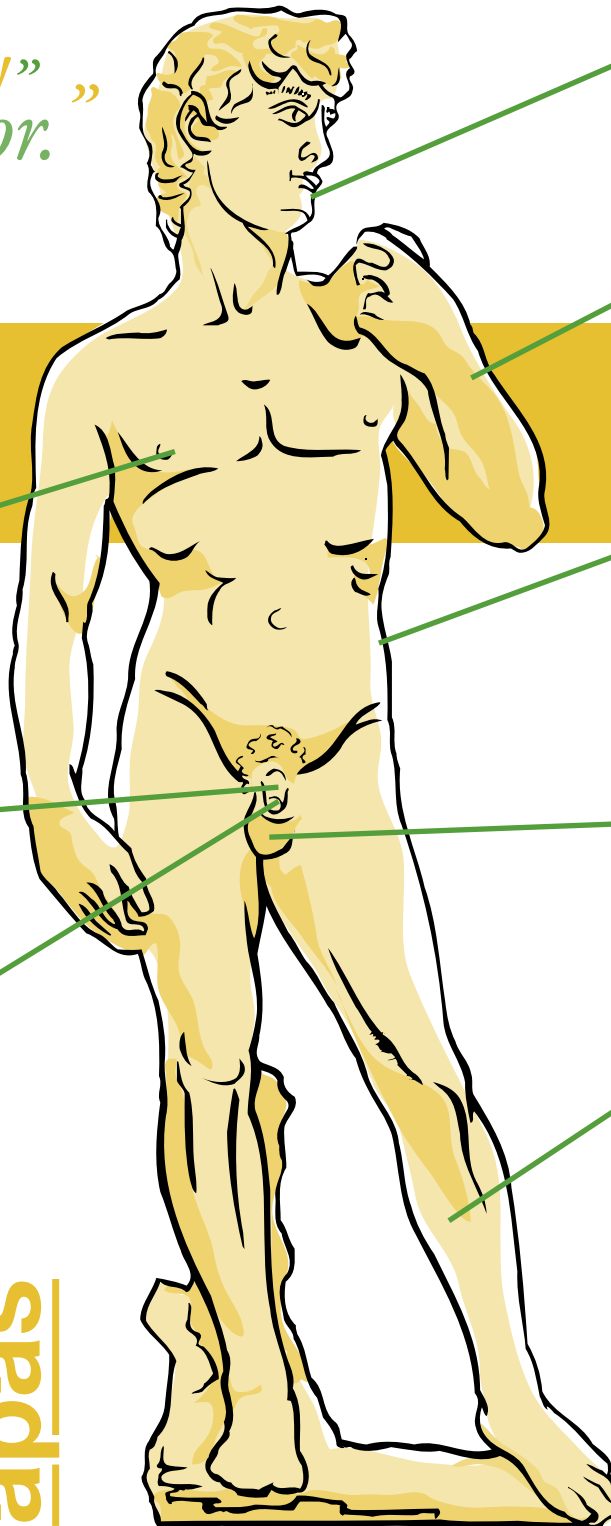
Impotence:

Just one evening of heavy drinking can lead to impotence and regular heavy drinkers often experience a total loss of sex-drive. This is because alcohol lowers the levels of the male hormone testosterone in the blood. Often the drinker feels the urge, but finds he cannot maintain an erection. Five to ten years of heavy drinking may lead to permanent impotence.

Withering sex organs:

Drinking can shrink the testicles. Evidence of this is found in some men who drink 3-4 pints of beer a week. Almost half a sample of alcohol-dependent men showed significant shrinkage.

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Loss of facial hair:

Regular heavy drinkers may find they do not need to shave so much and may start to lose facial and body hair. Male heavy drinkers start to take on many female body characteristics.

Brittle bones:

Testosterone reduction can result in brittle bones, as alcohol affects the way the body is able to absorb calcium. Heavy drinkers may suffer osteoporosis - a condition which is normally much commoner in women.

Curvaceous hips:

Here too hormones are at work. If the liver is damaged it becomes less efficient at removing female hormones from the bloodstream. Moreover, beers, wines, and bourbon whiskey have been found to contain oestrogen-like substances which derive from the plants used to make the drinks.

Infertility:

Even light drinkers produce less sperm and one in five men who drank 10 pints of beer a day were found to be producing no sperm at all. Moderate drinking has also been found to alter the shape, structure and swimming ability of sperm.

Muscle wastage:

Muscle wasting is a gradual process that affects drinkers who regularly consume the equivalent of 50 pints of beer on a weekly basis. Buttock, thigh and shoulder muscles tire easily and sufferers may find it hard to climb the stairs or rise from a chair. Some develop backache. Binge drinkers sometimes develop tender and swollen muscles, often in the calf.

“But I thought alcohol was supposed to be good for you?”