

The more you drink, the greater your risk of a brain haemorrhage.



If you're male and you regularly have 5 or more drinks in one session, or female and have 4 or more, you could be heading for a brain haemorrhage.

YOU DON'T HAVE TO BE DRUNK TO BE DOING REAL DAMAGE
www.knowyourlimits.info

Produced by the Health Promotion Agency for Northern Ireland. Tel: 028 9031 1611 (voice/minicom).



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