

CAN YOU STAY OFF THE BOOZE FOR 31 DAYS?



Every January, Alcohol Concern challenges people to go alcohol-free for 31 days...

CAUTION
ALCOHOL FREE AREA

JANUARY 2016

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31						

DID YOU KNOW THAT ALCOHOL CAN AFFECT YOUR ORAL HEALTH?

MOUTH CANCER - Drinking alcohol can increase mouth cancer risk by four times*

TOOTH DECAY AND ACID EROSION - Many types of alcohol are acidic and sugary, especially when they're mixed with fizzy drinks or fruit juices. Frequent consumption can cause both tooth decay and acid erosion.

DRY JANUARY - It's a great way to sleep better, lose weight, save cash and adjust drinking habits for the rest of the year.

SIGN UP

to the Dry January challenge
www.dryjanuary.org.uk



Source: *www.mouthcancerfoundation.org/events/mouth-cancer-action-month