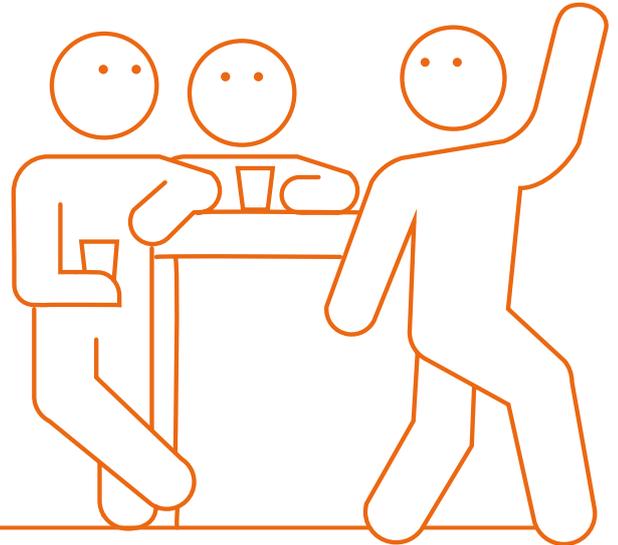


alcohol



- 1** You probably already know that **regularly drinking** any level of alcohol carries a **health risk** for everyone. Keeping alcohol intake to a minimum can **help control your symptoms**.
- 2** People with psoriatic arthritis who don't **drink excessively** may have less **pain and fatigue and better functioning, quality of life and overall health**.
- 3** Over time, **alcohol** can make you vulnerable to **low mood and anxiety**. Taking a **break from alcohol** can improve your mood and anxiety and make you feel more **positive overall**.
- 4** If you are taking methotrexate, it is especially important to monitor your alcohol intake and speak to your healthcare team if you are struggling. Methotrexate needs to be processed by your liver and so does alcohol. **Using alcohol and methotrexate together can put a high demand on your liver** and may affect your liver functioning. Your healthcare team will give you personalised advice on alcohol intake.



my reducing **alcohol** plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

"I know I shouldn't drink alcohol. I try and limit what I drink, and I find that when I keep this up my lifestyle improves as well, and I feel better. But don't be too hard on yourself if you can't manage every time."

