

**The more you drink, the greater  
your risk of a heart attack.**

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

YOU DON'T HAVE TO BE DRUNK TO BE DOING REAL DAMAGE  
[www.knowyourlimits.info](http://www.knowyourlimits.info)

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



**Health  
Promotion  
Agency**