

Thiamine

Thiamine is an essential vitamin, it is also known as thiamin or vitamin B1. It helps to turn food into energy and keeps the nervous system healthy. Your body can not produce Thiamine itself, but you can usually get all you need from the food you eat.

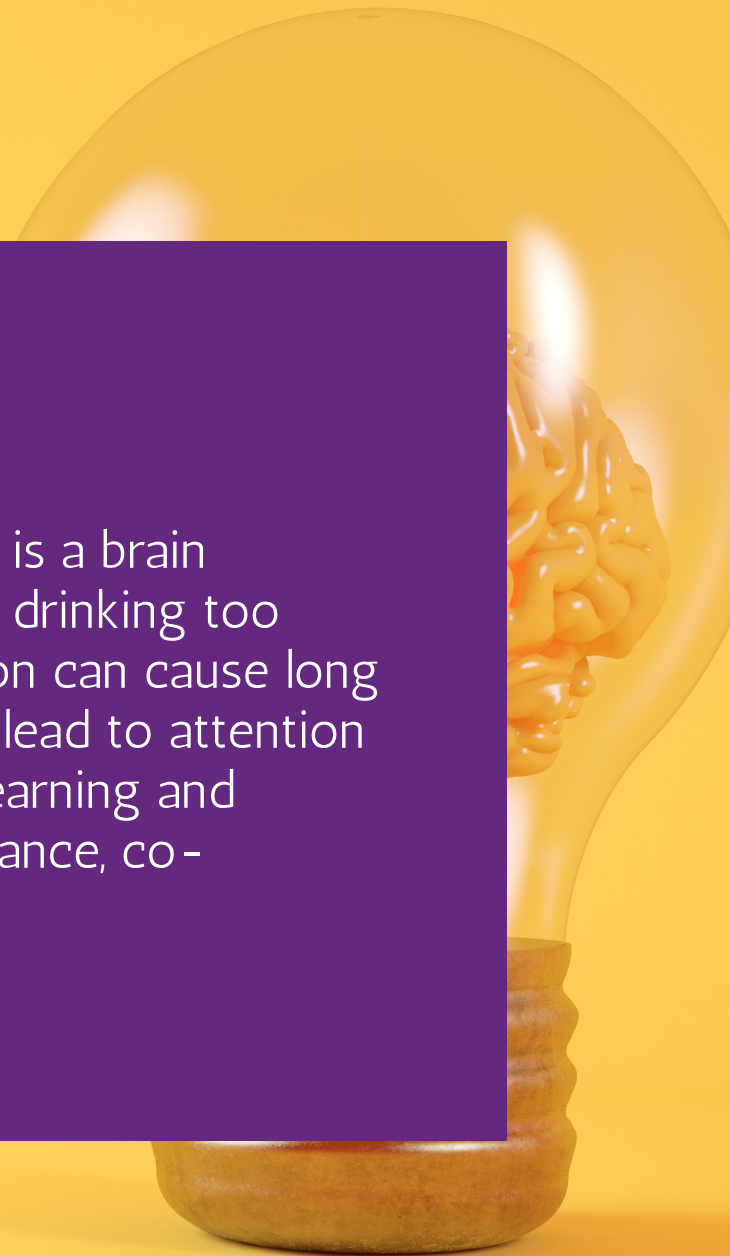


Thiamine and ARBD

It's common for people who binge drink or drink excessively to have low levels of thiamine due to not eating enough or because alcohol has stopped their bodies not being able to use thiamine. This lack of thiamine can cause brain damage over time, also known as ARBD.

ARBD

Alcohol-related brain damage (ARBD) is a brain disorder, caused by binge-drinking or drinking too much over several years. This condition can cause long lasting changes to your brain and can lead to attention difficulties, poor memory, difficulties learning and making decisions, changes to your balance, co-ordination and personality.



Signs of low levels of Thiamine

- Irritability
- Muscle weakness
- Fatigue
- Weight loss
- Loss of appetite

Seek medical help if you experience the following:

- Changes to heart rate
- Shortness of breath
- Blurred vision
- Memory loss

1

Improving your Thiamine Levels

The best way to improve your thiamine levels is to start to make changes around your alcohol use, visit the GDAS website or call us on 0333 999 35 77 to make a referral. visit the resource hub on our website for self help tools.

Note: If somebody is dependent on alcohol they should not stop drinking suddenly as sudden alcohol withdrawal can be fatal.

Improving your Thiamine Levels

2

Include more thiamine in your diet, it is found naturally in meat, fish and wholegrains. It is also added to Breads, cereals and baby formulas. Other food sources include beans, lentils, green peas, sunflower seeds and yogurt.

3

Improving your Thiamine Levels

You can get thiamine on prescription in a tablet form. A severe vitamin b deficiency will be treated in hospital.