

Capio Nightingale cautions against Christmas Bingeing

- Hospital warns against Christmas cocktails packing an extra punch during the party season-

Christmas is the season to be merry, but for some letting off some festive steam can herald a slippery slope into bingeing which can easily spiral out of control during the party season. And as we ring in the New Year with countless resolutions to live a healthier, happier life, Capio Nightingale Hospital, Central London's only independent mental health hospital, notices a spike in the number of people seeking help for addictions which become more evident come January when the social drinking season comes to an end and any underlying problems with alcohol abuse become more apparent.

Whether it's the office Christmas party, drinks with friends or festive family gatherings, alcohol is often at the centre of many Christmas gatherings and can be difficult to resist. The excessive amount of alcohol that surrounds us at this time of year can put many people at risk of developing alcohol related issues such as addiction. Alcohol addiction is a progressive disease and can result in many physical, emotional and psychological problems whilst also having a detrimental personal cost on the individual, their health, and their families.

Dr William Shanahan, Executive Medical Director at Capio Nightingale Hospital and an addictions specialist, cautions against excessive drinking over Christmas: "Christmas parties can be particularly problematic for people who are otherwise unused to drinking or who might have an underlying dependency or addiction. Christmas cocktails can be particularly perilous as several shots of strong spirits can be disguised to taste like harmless soft drinks – much better to stick to drinks that you're familiar with and to keep a tally of how many you've had especially if you're moving between events. If you find it difficult to restrict your drinking habits it is important to seek help at the earliest opportunity – alcohol abuse in itself is as serious as a more longstanding dependency and the consequences for both can be very serious if left untreated."

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For more information:

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Notes to Editors:

Capio Nightingale Hospital is the leading independent mental health hospital in central London. They are experts in treating individuals with mental health or emotional issues through their highly experienced Consultant Psychiatrists, Psychologists, Specialist Therapists and Nurses. The hospital's multi-disciplinary teams offer evidence-based and individually tailored treatment programmes for outpatients, inpatients and day care patients. To view their extensive range of services, therapies and enhanced treatments please visit www.nightingalehospital.co.uk.

Capio Nightingale Hospital...Building confidence and well being in a safe and healing environment