



THE AFFECTS OF ALCOHOL ON THE BODY

Mental health

Can contribute to and worsen mental health symptoms.

Nerves

Alcohol can bring about nerve damage and result in tingling, numbness and pain in the limbs.

Mouth

Decreased production of saliva reduces defence against bacteria and plaque.

Skin

Dehydration of the skin and facial flushing. Long-term, can lead to psoriasis and skin infections.

Pancreas

Heavy consumption can lead to production of toxic substances that increase risk of pancreatitis.

Stomach

Drinking heavily can increase the risk of experiencing gastritis, ulcers and heartburn.

Kidneys

Binge drinking can cause back pain as a result of kidney damage. Long-term risk of kidney disease.

Reproduction

Can have impact on fertility in men and women. Long-term consumption can lead to menstrual and reproductive disorders.

Bones

Chronic heavy drinking can impair bone quality and increase risk of osteoporosis.

Brain

Interferes with a number of neurotransmitters lowering our brain activity and energy levels. Alcohol related brain damage can affect memory and learning.

Eyes

Can lead to distorted or double vision and bloodshot eyes from swollen blood vessels in the eyes.

Oesophagus

Causes acid reflux. Chronic drinking can damage the tissue of the oesophagus, making it painful to swallow.

Lungs

Long-term drinking can impact immune cells involved in fighting off respiratory diseases.

Heart

Increases blood pressure and risk of irregular heartbeat. Over time brings risk of heart attacks and strokes.

Liver

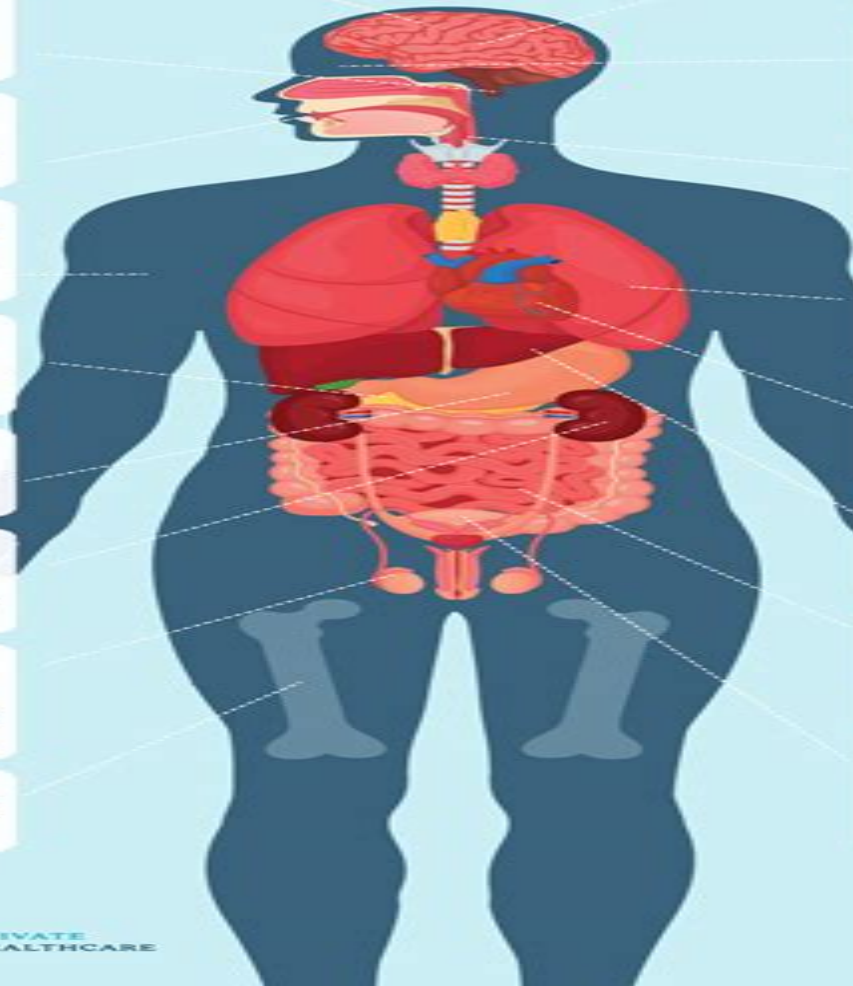
Fatty liver can occur from a single drinking session. Binge drinking can lead to advanced liver disease.

Gut

Irritates the gastrointestinal tract and irritates the stomach. Excessive alcohol consumption can damage the small intestine.

Bladder

Prevents kidneys from reabsorbing water, causing the bladder to fill up and the rest of the body to dehydrate.



Effects Of Alcohol

RS Peters



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