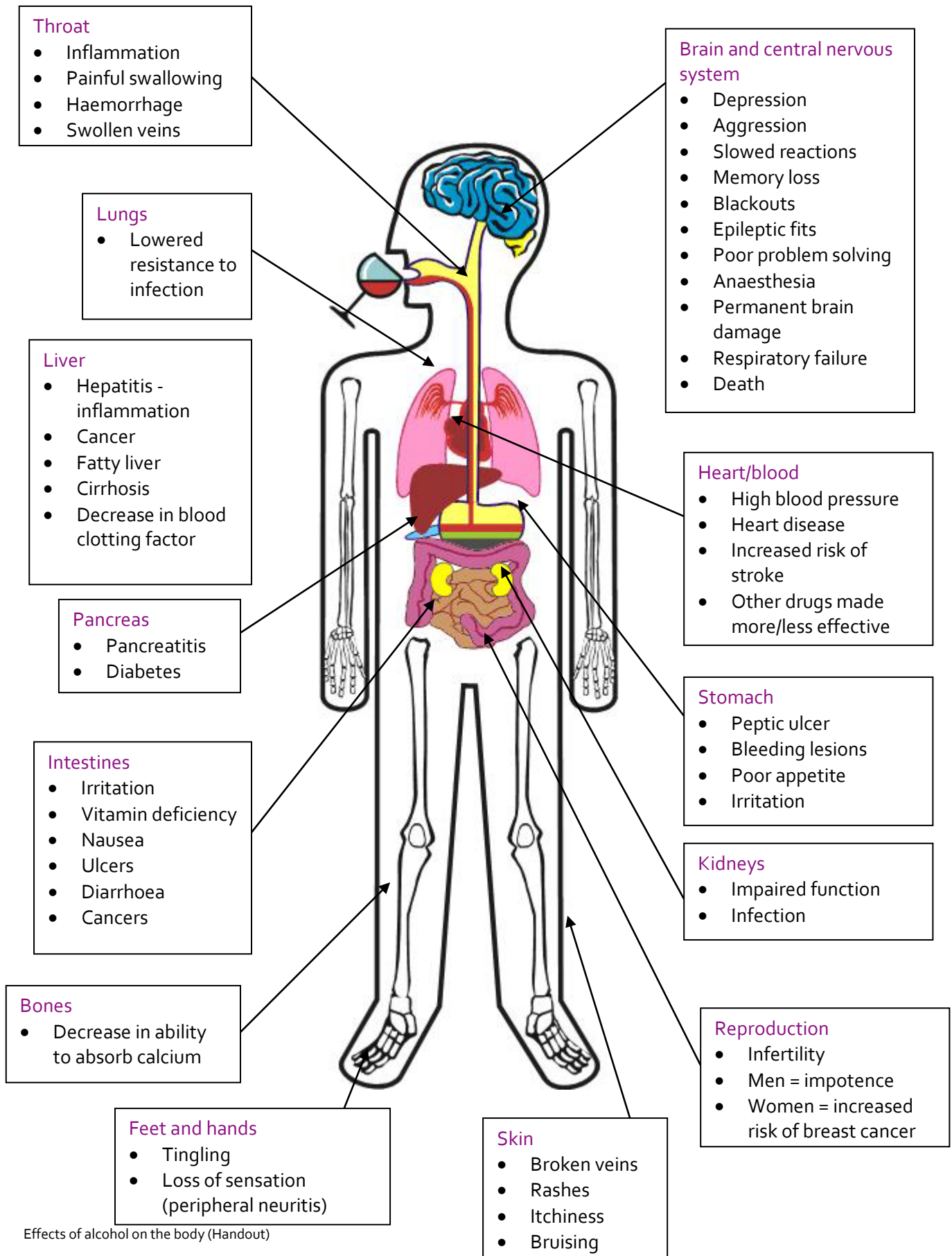


Effects of alcohol on the body



Acute short-term physical effects	Chronic long-term physical effects
<p>Head and brain</p> <ul style="list-style-type: none"> • Headache • Blurred vision • May lose inhibitions (behaving in a way you would not usually behave) • Violence • Loss of balance • Trauma due to accidents • Arguments (may lead to physical violence resulting in injury) • Bloodshot eyes • Blackouts • Poor concentration • Restlessness • Sleep difficulties <p>Blood disorders</p> <ul style="list-style-type: none"> • High blood pressure • Rapid pulse • Alcoholic overdose leading to dangerous Blood Alcohol Concentration (BAC) level <p>Organs</p> <ul style="list-style-type: none"> • Inflammation of the stomach • Vomiting • Diarrhoea • Fatty liver • Trembling hands • Falls • Numbness in extremities • Peripheral neuritis • Bruising (due to decreased clotting factor) • Impaired sexual performance • Miscarriages <p>General</p> <ul style="list-style-type: none"> • General dehydration • Other drugs may be less/more effective • Impaired judgement could lead to unwanted pregnancies or sexually transmitted diseases • Trembling hands after a heavy episode of drinking. 	<p>Brain and central nervous system</p> <ul style="list-style-type: none"> • Serious memory loss • Damage to nerves • Dementia • Seizures • Hallucinations • Chronic anxiety • Depression • Poor eye sight • Wernicke-Korsakoff Syndrome <p>Mouth and throat</p> <ul style="list-style-type: none"> • Mouth cancer • Metabolic disorders • Throat cancer • Oesophageal varices (swollen veins in the throat) <p>Blood and organ disorders</p> <ul style="list-style-type: none"> • Cardiomyopathy • Anaemia • Heart failure • Impaired blood clotting • Pancreatitis • Hypoglycaemia • Ulcers • Liver cirrhosis • Hepatitis • Liver cancer • Kidney infections • Back pain • Foetal alcohol syndrome • Impotence • Peripheral neuritis and muscle degeneration • Menstrual disturbances • Reduced fertility <p>General</p> <ul style="list-style-type: none"> • Malnutrition • Vulnerability to infection