

# Effects of Alcohol on the Body

## Information sheet



Date.....

Client's name.....

Worker's name.....

Comments.....

- Throat**
- Inflammation
  - Painful swallowing
  - Haemorrhage
  - Swollen veins

- Lungs**
- Lowered resistance to infection

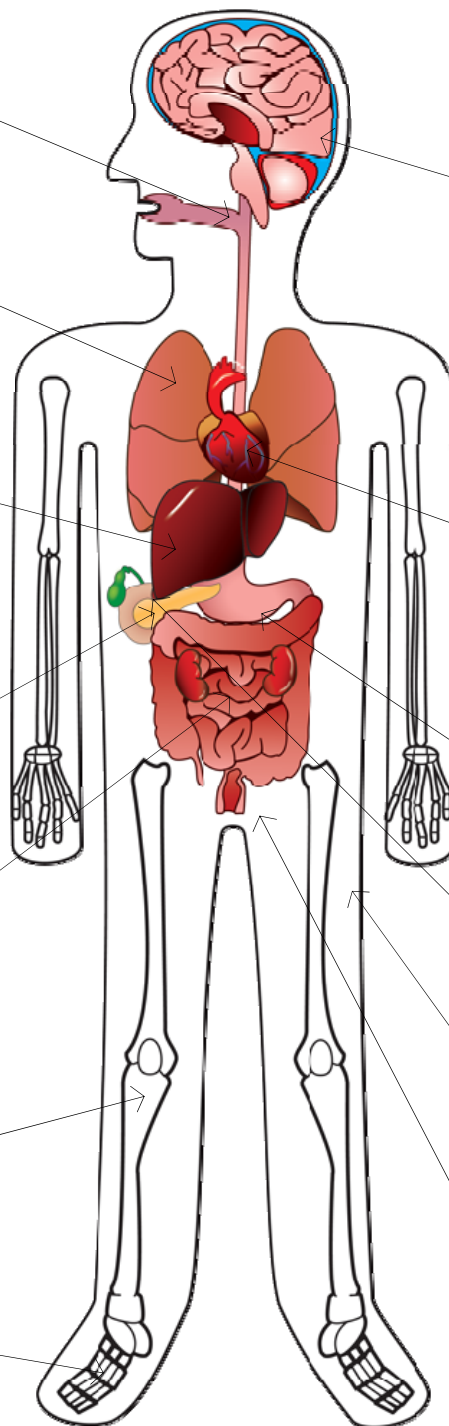
- Liver**
- Hepatitis - inflammation
  - Cancer
  - Fatty liver
  - Cirrhosis
  - Decrease in blood clotting factor

- Pancreas**
- Pancreatitis
  - Diabetes

- Intestines**
- Irritation
  - Vitamin deficiency
  - Nausea
  - Ulcers
  - Diarrhoea
  - Cancers

- Bones**
- Decrease in ability to absorb calcium

- Feet and hands**
- Tingling
  - Loss of sensation (peripheral neuritis)



- Brain and central nervous system**
- Depression
  - Aggression
  - Slowed reactions
  - Memory loss
  - Blackouts
  - Epileptic fits
  - Poor problem solving
  - Brain damage
  - Respiratory failure

- Heart/blood**
- High blood pressure
  - Heart disease
  - Increased risk of stroke

- Stomach**
- Peptic ulcer
  - Bleeding lesions
  - Poor appetite
  - Irritation

- Kidneys**
- Impaired function
  - Infection

- Skin**
- Broken veins
  - Rashes
  - Itchiness
  - Bruising

- Reproduction**
- Impotence
  - Increased risk of breast cancer

## Acute short-term physical effects

### Head and brain

- 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

### Blood disorders

- High blood pressure
- Rapid pulse
- Alcoholic overdose leading to dangerous Blood Alcohol Concentration (BAC) level

## Chronic long-term physical effects

### Brain and central nervous system

- Serious memory loss
- Damage to nerves
- Dementia
- Seizures
- Hallucinations
- Chronic anxiety
- Depression
- Poor eye sight
- Wernicke-Korsakoff Syndrome

### Mouth and throat

- Mouth cancer
- Metabolic disorders
- Throat cancer
- Oesophageal varices (swollen veins in the throat)

### Organs

- Inflammation of the stomach
- Vomiting
- Diarrhoea
- Fatty liver
- Trembling hands
- Falls
- Numbness in extremities
- Peripheral neuritis
- Bruising
- Impaired sexual performance
- Miscarriages

### General

- 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

### Blood and organ disorders

- 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

### General

- Malnutrition
- Vulnerability to infection