

IN THE KNOW:

Alcohol

How It Affects the Body

Heavy drinking, whether on a single occasion or over time, can cause serious health problems. Excessive alcohol consumption **harms almost every part of the body**. It has been linked to **more than 60 diseases**. While most people are aware of the short-term effects of heavy drinking, like the next day's hangover, much more attention should be paid to the long-term **permanent damage** caused by alcohol.



EYES

Blurred vision
Double vision
Permanent vision loss



BRAIN

Memory loss
Strokes
Seizures
Dementia
Brain lesions
Impaired judgement
Depression
Poor coordination
Nerve damage



MOUTH + THROAT

Oral Cancer
Throat Cancer
Esophageal Cancer
Inflammation of the tongue
Tooth loss & gum decay



HEART

High Blood Pressure
Irregular Heartbeat
Cardiomyopathy
Heart Failure



STOMACH

Alcohol Poisoning
Gastritis
Stomach Ulcers
Acid Reflux
Malnutrition
Stomach Cancer
Colon Cancer
Weight Gain



LIVER

Fatty Liver
Cirrhosis
Liver Cancer
Alcoholic hepatitis



PANCREAS

Pancreatitis
Diabetes



KIDNEYS

Chronic kidney disease
Hepatorenal failure



REPRODUCTIVE ORGANS

Erectile dysfunction for men
Infertility for women



BONES + BLOOD

Anemia
Osteoporosis
Gout

DRINKING WHILE PREGNANT RAISES THE RISK OF:

Miscarriage
Stillbirth
Low birth weight
Fetal Alcohol Syndrome



Stop. Think. Don't Drink!