

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!