

**Unravelling the Impact:
How alcohol influences
your wellbeing**



Effects on the brain

- Interferes with neurotransmitters; affecting mood and behavior.
- Impacts cognitive functions such as memory, concentration, and coordination
- Can lead to blackouts and memory lapses
- Affects learning, decision-making, and emotional regulation
- Increases risk of neurological disorders, such as dementia



Effects on the heart

- Causes a temporary drop in blood pressure
- Chronic alcohol consumption can contribute to long-term hypertension
- Disrupts the heart's rhythm, which increases the risk of stroke
- Weakens the heart muscle
- Reduces pumping efficiency
- Impacts cholesterol levels



Effects on the liver

- Disrupts normal metabolic functions
- Causes Alcoholic Fatty Liver Disease (AFLD)
- Triggers liver inflammation, which can progress to cirrhosis
- Elevates liver enzymes
- Chronic alcohol consumption is linked to an increased risk of liver cancer



Effects on the stomach

- Increases stomach acid production
- Contribute to gastritis, ulcers and open sores in the stomach lining
- Increases risk of gastrointestinal bleeding
- Worsens conditions like acid reflux or Irritable Bowel Syndrome (IBS)
- Causes dehydration



Effects on the kidneys

- Causes dehydration, which strains the kidneys and affect their filtration function
- Leads to electrolyte imbalances
- Elevates blood pressure, which increases risk of kidney disease
- Causes conditions like alcoholic nephropathy
- Interferes with certain medications prescribed for kidney conditions



Effects on the pancreas

- Can lead to acute pancreatitis
- Ongoing inflammation can damage pancreatic tissue
- Hinders proper digestion, which can cause malnutrition
- Increases risk of pancreatic cancer
- Contributes to insulin resistance, which increases risk of developing type 2 diabetes



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