PUBLIC HEALTH DEPARTMENT

ALCOHOL AWARENESS

ALCOHOL EFFECTS ON THE BODY

Drinking too much on a single occasion or over time can take a serious toll on your health. Here's how alcohol can affect your body:

BRAIN

Alcohol interferes with the brain's communication pathways

Change mood and behavior, and make it harder to think clearly and move with coordination.

HEART

Cardiomyopathy: stretching and drooping of heart muscle
Arrhythmias: irregular heart beat
Stroke
High blood pressure

LIVER

Inflammation:
Steatosis or fatty liver
Alcoholic hepatitis
Fibrosis
Cirrhosis

CANCER

The more alcohol a person drinks particularly the more alcohol a person drinks regularly over time the higher his or her risk of developing an alcohol associated caner. **Which are the following:**
head and neck cancer
esophageal cancer
liver cancer
breast cancer
colorectal cancer

PANCREAS

Produce toxic substances that can eventually lead to pancreatitis, dangerous inflammation and swelling of the blood vessels and prevent proper digestion

IMMUNE SYSTEM

Drinking too much can weaken your immune system, making your body a much easier target for disease.