

The Effects of Alcohol on the Body



Alcohol

Alcohol is a drug that can have negative effects on your body.

Maybe you already know some of them. What are they?

feeling sick

tired

loss of balance

acting strangely

can't speak properly

vomiting

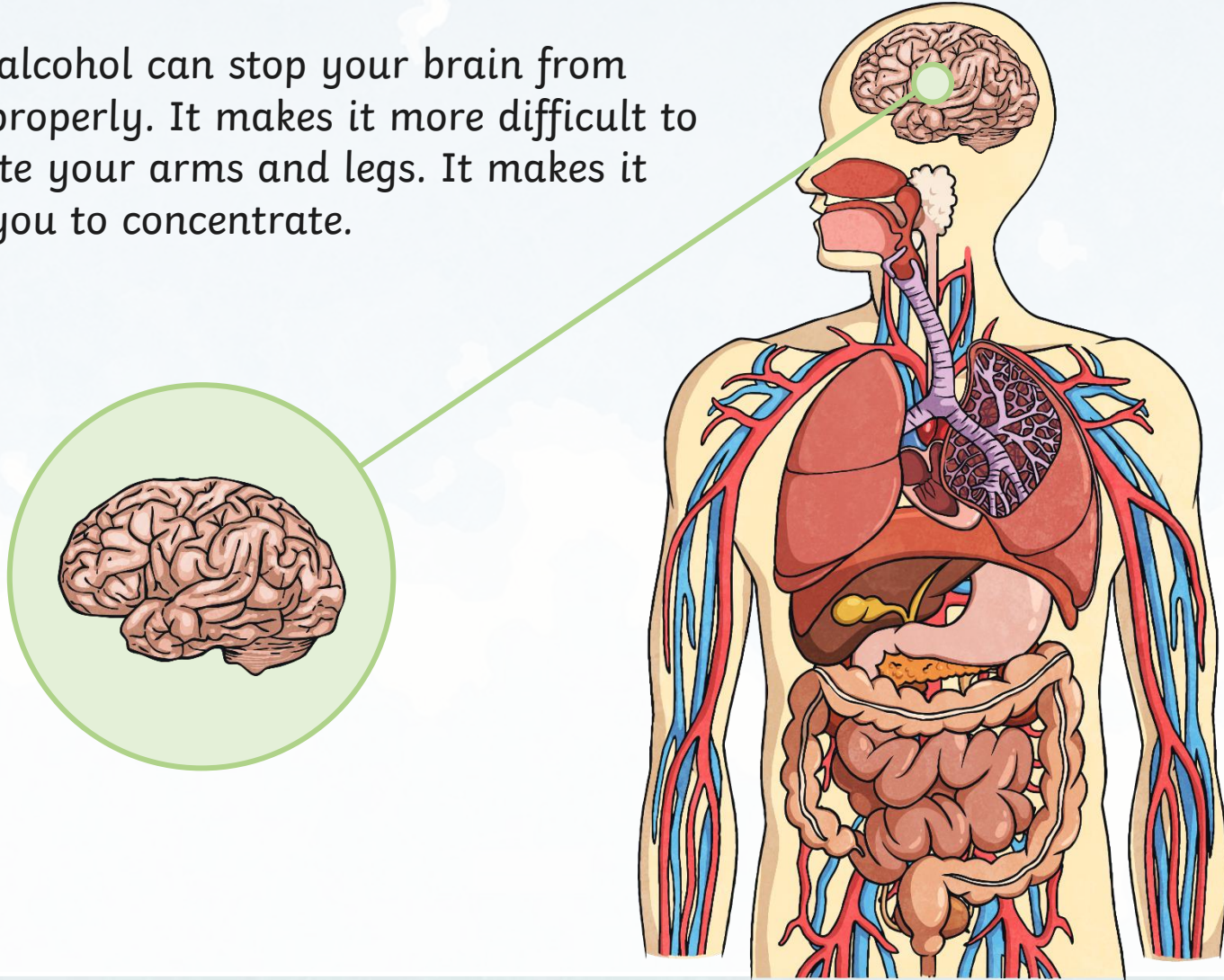
These are the effects that you can see or hear.

There are others that happen inside the body that are not so obvious.



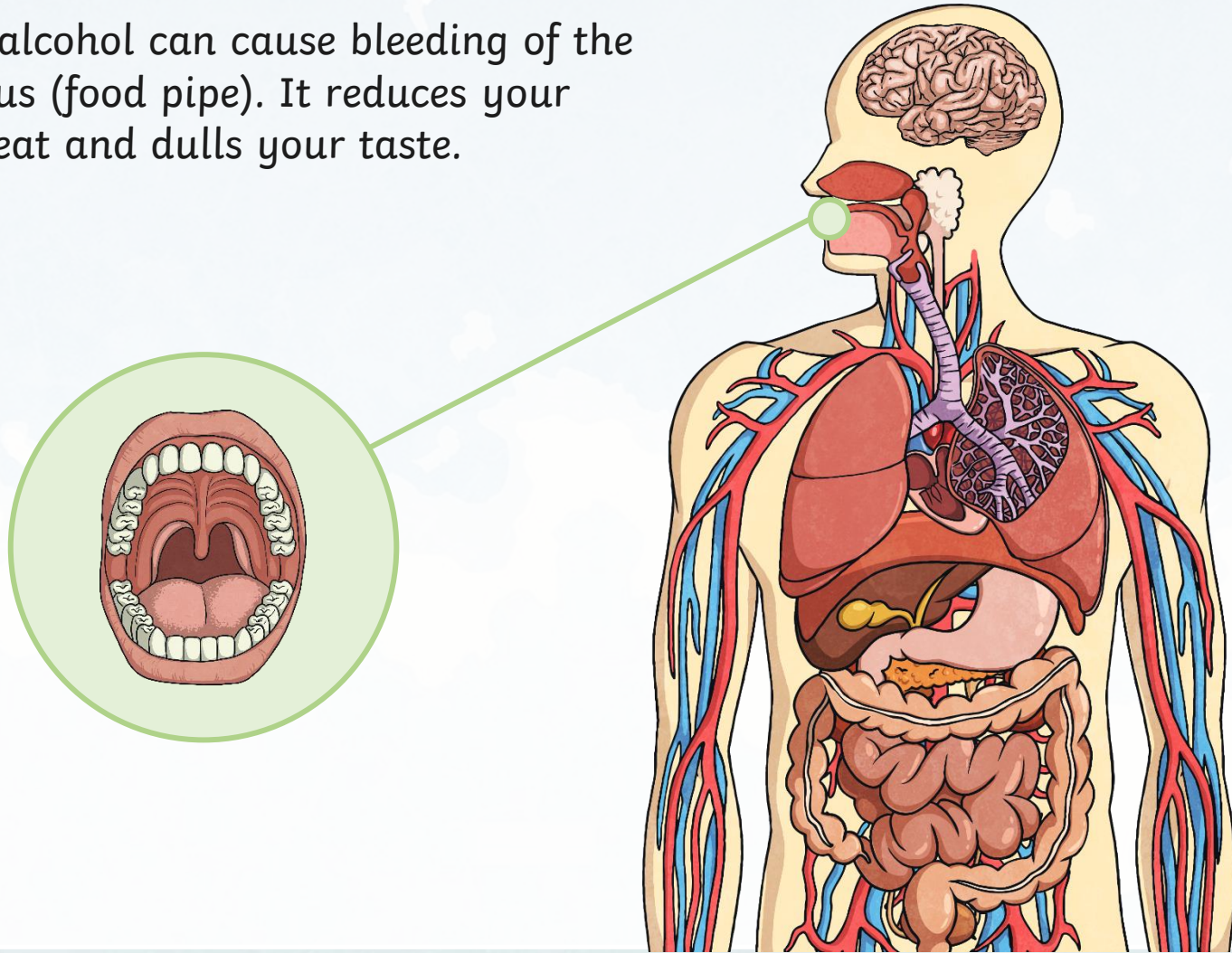
Brain

Drinking alcohol can stop your brain from working properly. It makes it more difficult to co-ordinate your arms and legs. It makes it hard for you to concentrate.



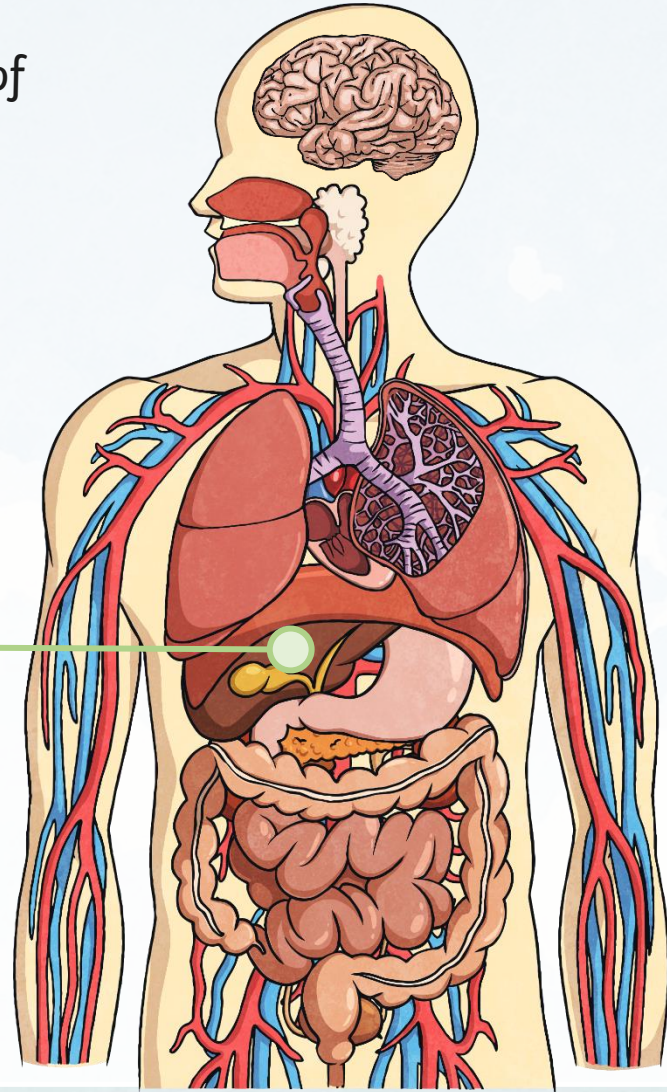
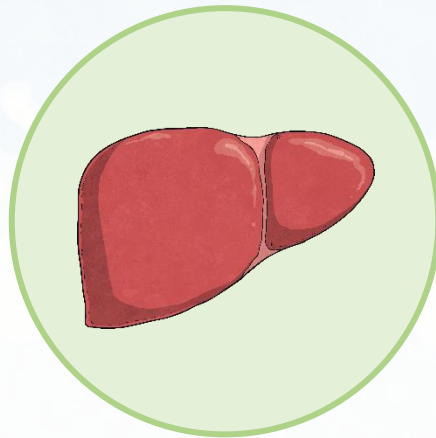
Mouth and Oesophagus

Drinking alcohol can cause bleeding of the oesophagus (food pipe). It reduces your desire to eat and dulls your taste.



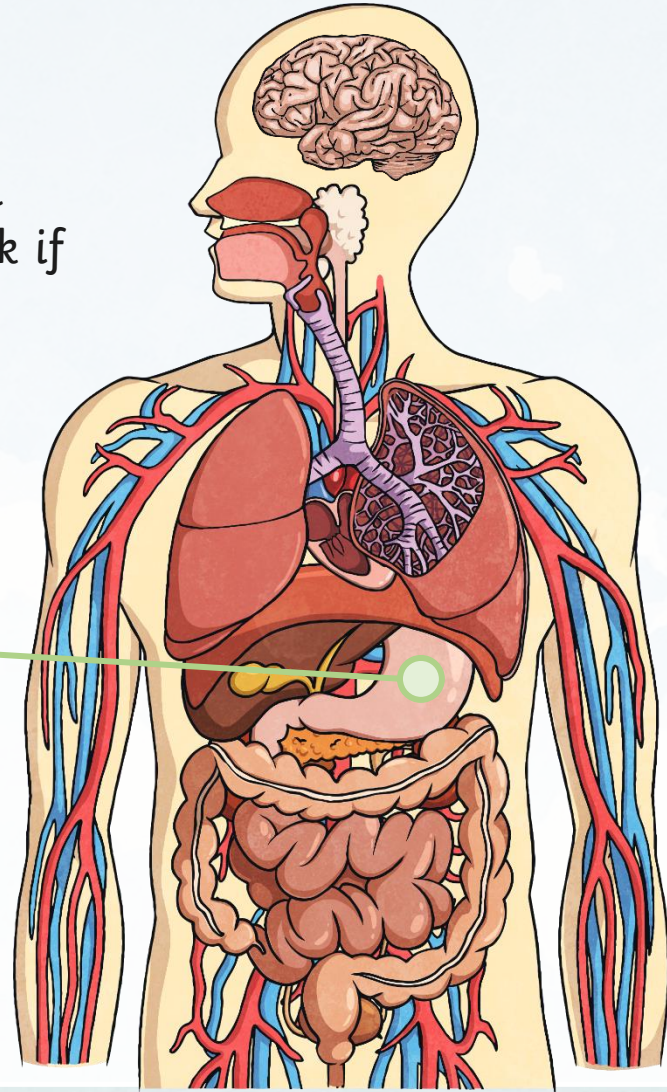
Liver

If you drink alcohol over a long period of time, your liver might stop working properly. This disease is called cirrhosis.



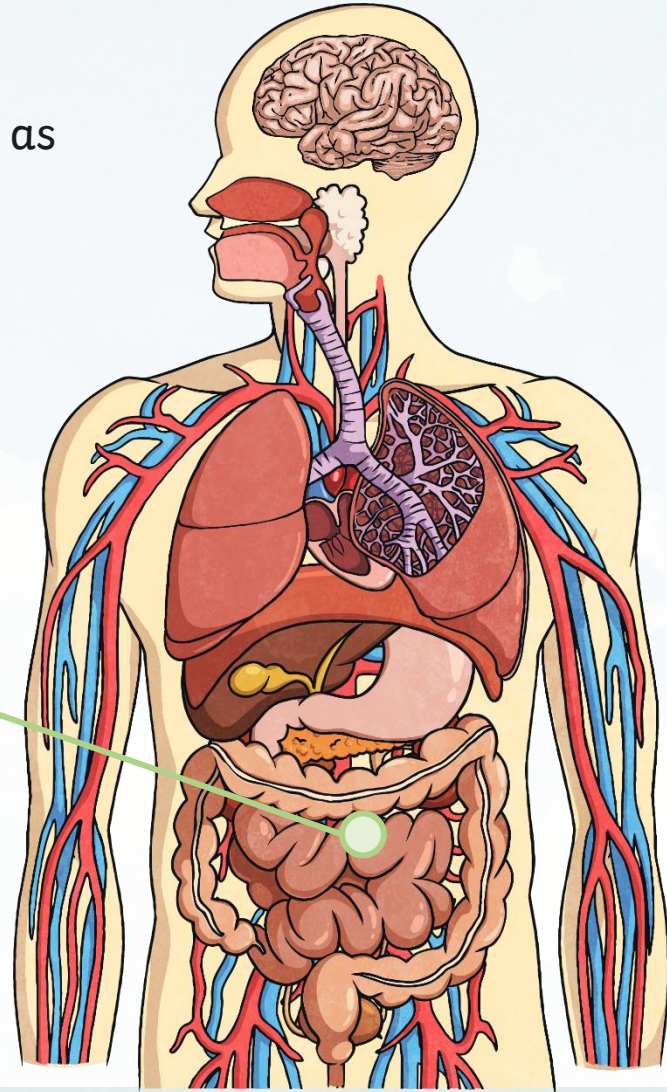
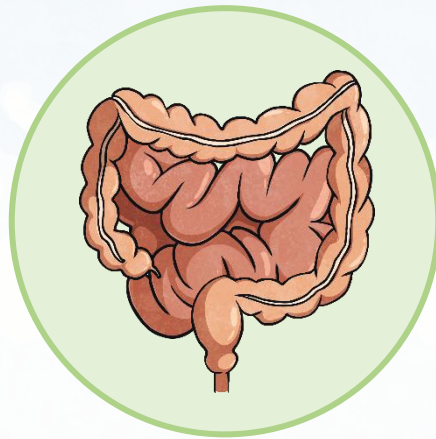
Stomach

Drinking alcohol can cause irritation of stomach lining, inflammation, bleeding and cancer. Drinking alcohol makes you put on weight. It will also make you sick if you drink too much.



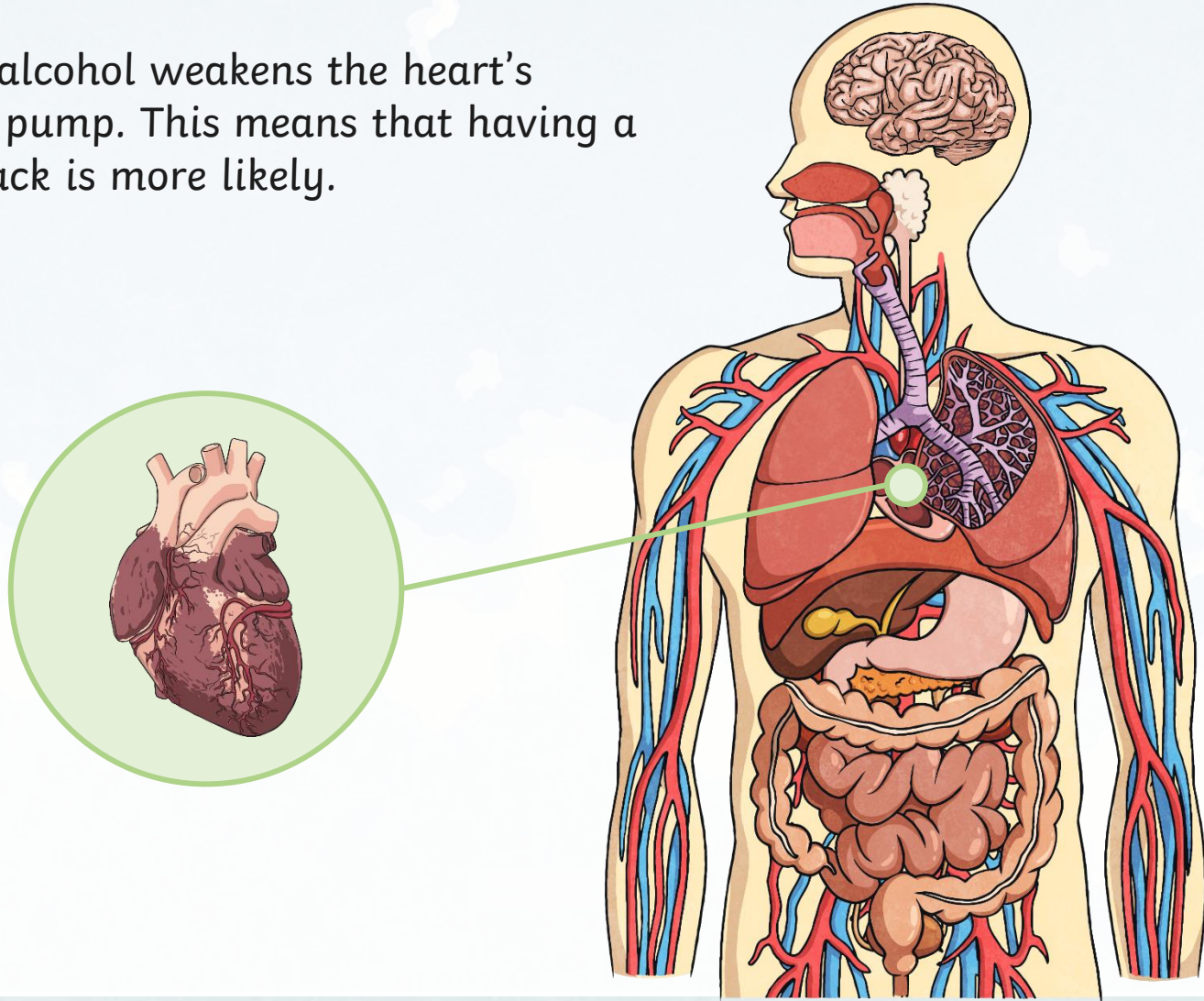
Intestine

Drinking alcohol can cause diarrhoea, vomiting, sweating and loss of appetite, as well as cancer, in extreme cases.



Heart and Blood

Drinking alcohol weakens the heart's ability to pump. This means that having a heart attack is more likely.



Let's Think

You are at your friend's house. They tell you that there is some alcohol in the kitchen cupboard and that you should try it.

What do you do?



