

## EFFECTS OF ALCOHOL

When you drink alcohol, it's absorbed into your bloodstream and affects every part of your body. Even a small amount of alcohol influences your body. This poster will outline the impact of alcohol on the different parts of the human body;

- Alcohol depresses the brain centres, which enhances effects of calming agents on the brain, and slows down the rate at which information travels down the brain's highways. This is what causes its disorienting effects as well as deterioration of motor skills and judgement.
- Alcohol consumption and its effects start with the point of entry. Alcohol is an irritant; it burns when it touches any bodily surface. When alcohol is consumed it can cause damage to the delicate lining of the oesophagus.
- Alcohol can lead to a condition called alcoholic cardiomyopathy. This condition causes heart muscles to weaken from repeated toxic exposure from alcohol abuse over time. The heart's pumping function becomes inefficient and reduces its effectiveness at sending blood throughout the body.
- Studies have shown that moderate alcohol intake can result in a 'blood thinning' phenomenon. However, excessive alcohol use can elicit the opposite reaction.

