



THE EFFECT OF ALCOHOL ON YOUR BODY



MENTAL HEALTH

Alcohol is a depressant, which means it can directly impact a range of mental health issues from depression and memory loss, to suicide.



BRAIN

Alcohol interferes with thought processes, judgement and concentration, leading to changes in mood, behaviour and decision-making.



LUNGS

Alcohol weakens the lungs over time which can lead to breathing difficulties and a lower level of nitric oxide.



HEART

Long-term binge drinking damages the heart muscle and can lead to heart attack, stroke or alcoholic cardiomyopathy.



STOMACH

Excessive drinking can lead to stomach problems such as Internal bleeding. It also prevents food being absorbed properly.



LIVER

The liver filters alcohol from your system. Heavy drinking can lead to permanent damage and conditions such as cirrhosis, fibrosis and alcoholic hepatitis.



KIDNEYS

Excessive drinking causes high blood pressure which damages the blood vessels supplying the kidneys and can lead to chronic kidney disease.



INTESTINES

Alcohol irritates the lining of the intestine leading to ulcers and even cancer.



REPRODUCTIVE

Drinking excessive amounts of alcohol can cause reduced libido, impotence and infertility. Drinking during pregnancy can cause serious birth defects.



BONES

Drinking can lead to bone degeneration and increases your risk of osteoporosis, or thinning bones.



SKIN

One of the biggest effects alcohol has on your skin is dehydration, causing wrinkles and pores to be more visible.