

# The Long Term Health Effects Of Alcohol

## Central Nervous System (brain and spinal cord)

- impaired senses
  - vision, hearing, dulled smell and taste, decreased pain perception
- altered sense of time and space
- impaired motor skills, slow reaction
- impaired judgment, confusion
- hallucinations
- fits, blackouts
- tingling and loss of sensation in hands and feet
- early onset dementia (alcohol related brain damage)
- Wernicke's Syndrome and psychosis (delirium)
- mood and personality changes
- feeling anxious or worried

## Circulatory System

- high blood pressure
- irregular heart beat
- damage to the heart muscle
- increased risk of heart attack and stroke

## Liver

- swollen, painful inflamed
- cirrhosis
- cancer
- fluid build up (oedema)
- increased risk of haemorrhage
- liver failure, coma and death

## Pregnancy and Babies

- fetal alcohol syndrome/fetal alcohol effects
  - small head, possible brain damage, retarded growth and development

## General Body

- weight gain
- headaches
- muscle weakness

## Gastrointestinal System

- stomach lining inflamed and irritated
- ulcers of the stomach or duodenum
- inflammation or varicose veins of the oesophagus
- loss of appetite, nausea, diarrhoea and vomiting
- cancer

## Pancreas

- painful, inflamed, bleeding.

## Intestines

- irritation of the lining
- inflammation and ulcers
- cancer of intestines and colon

## Reproductive System

### Male and Female

- reduced fertility
- impaired sexual performance
- impotence
- decreased sperm count and movement
- increased risk of breast cancer in females
- early onset of menopause
- irregular menstrual cycle

