

November

Alcohol Awareness

Alcohol's Effect on the Body



Alcohol affects communication pathways in the brain which can disrupt mood, behavior, coordination, and movement.

Excessive alcohol consumption, both over time and on a single occasion, can damage the heart and cause problems such as cardiomyopathy, arrhythmias, stroke, and high blood pressure.

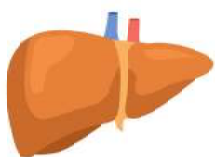


Alcohol consumption is related to toxic secretions by the pancreas, which can cause pancreatitis and hinder digestion.

Drinking alcohol can weaken your immune system and put you at a higher risk for disease and illness. Your body's immune system can be weakened up to 24 hours after excessive alcohol consumption.



Drinking alcohol increases cancer risk of the mouth, throat, esophagus, liver, breast, and pancreas.



Alcohol & Liver Health

Alcohol can damage and destroy liver cells. This can lead to alcoholic fatty liver disease, alcoholic hepatitis, or alcoholic cirrhosis.

Excessive alcohol-related liver damage can cause end stage liver disease called cirrhosis. This can cause buildup of abdominal fluid, bleeding in the esophagus or stomach, enlarged spleen, kidney failure, or liver cancer.



Doctor's Tip

Alcoholic liver disease can be reversed if caught early enough and alcohol use is stopped. Seek help from your doctor or community resources to prevent alcoholic liver disease.
- Dr. Ruben Khan, University of Illinois at Chicago



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GET FIT >>

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

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