

IMMEDIATE AND LONG-TERM Effects of Alcohol

HEART

High Blood Pressure
Decreased Endurance
Decreased Energy

BRAIN

Memory
Concentration
Impaired Judgment
Speech
Vision
Sleep
Mood
Confusion

LIVER

Inflammation of the Liver
Liver Damage

BLADDER & KIDNEYS

Dehydration
Electrolyte Imbalance
Increased Urine Volume

MUSCLES

Fatigue
Cramping
Soreness
Weakness

FEET

Decreased Coordination
Balance and Agility

STOMACH & COLON

Diarrhea
Upset Stomach
Vomiting
Weight Gain
Ulcers
Altered Nutrient Absorption



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