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IMMEDIATE AND LONG-TERM

Effects of Alcohol



High Blood Pressure Decreased Endurance Decreased Energy



Dehydration Electrolyte Imbalance Increased Urine Volume



Memory
Concentration
Impaired Judgment
Speech
Vision
Sleep
Mood
Confusion



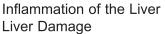
Diarrhea
Upset Stomach
Vomiting
Weight Gain
Ulcers
Altered Nutrient Absorption



MUSCLES

Fatigue Cramping Soreness Weakness







Decreased Coordination Balance and Agility









