

IMMEDIATE AND LONG-TERM Effects of Alcohol

MUSCLES

- Fatigue
- Cramping
- Soreness
- Weakness

HEART

- High Blood Pressure
- Decreased Endurance
- Decreased Energy

STOMACH & COLON

- Diarrhea
- Upset Stomach
- Vomiting
- Weight Gain
- Ulcers
- Altered Nutrient Absorption

FEET

- Decreased Coordination
- Balance and Agility

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



altru.org

