

IMMEDIATE AND LONG-TERM Effects of Alcohol

HEART

High Blood Pressure
Decreased Endurance
Decreased Energy

STOMACH & COLON

Diarrhea
Upset Stomach
Vomiting
Weight Gain
Ulcers
Altered Nutrient Absorption

BLADDER & KIDNEYS

Dehydration
Electrolyte Imbalance
Increased Urine Volume

MUSCLES

Fatigue
Cramping
Soreness
Weakness

BRAIN

Memory
Concentration
Impaired Judgment
Speech
Vision
Sleep
Mood
Confusion

LIVER

Inflammation of the Liver
Liver Damage

FEET

Decreased Coordination
Balance and Agility



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