

IMMEDIATE AND LONG-TERM Effects of Alcohol



MUSCLES

- Fatigue
- Cramping
- Soreness
- Weakness



HEART

- High Blood Pressure
- Decreased Endurance
- Decreased Energy



LIVER

- Inflammation of the Liver
- Liver Damage



FEET

- Decreased Coordination
- Balance and Agility

BRAN



- Memory
- Concentration
- Impaired Judgment
- Speech
- Vision
- Sleep
- Mood
- Confusion

BLADDER & KIDNEYS



- Dehydration
- Electrolyte Imbalance
- Increased Urine Volume

STOMACH & COLON



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



altru.org

