

# IMMEDIATE AND LONG-TERM Effects of Alcohol

## HEART

High Blood Pressure  
Decreased Endurance  
Decreased Energy

## LIVER

Inflammation of the Liver  
Liver Damage

## MUSCLES

Fatigue  
Cramping  
Soreness  
Weakness

## BRAIN

Memory  
Concentration  
Impaired Judgment  
Speech  
Vision  
Sleep  
Mood  
Confusion

## STOMACH & COLON

Diarrhea  
Upset Stomach  
Vomiting  
Weight Gain  
Ulcers  
Altered Nutrient Absorption

## BLADDER & KIDNEYS

Dehydration  
Electrolyte Imbalance  
Increased Urine Volume

## FEET

Decreased Coordination  
Balance and Agility



**SAPC**  
Grand Forks  
Substance Abuse  
Prevention Coalition



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