

IMMEDIATE AND LONG-TERM Effects of Alcohol



MUSCLES

Fatigue
Cramping
Soreness
Weakness

BRAIN



Memory
Concentration
Impaired Judgment
Speech
Vision
Sleep
Mood
Confusion



HEART

High Blood Pressure
Decreased Endurance
Decreased Energy



LIVER

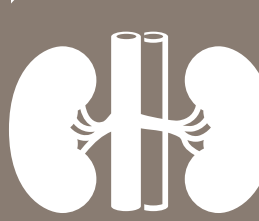
Inflammation of the Liver
Liver Damage



FEET

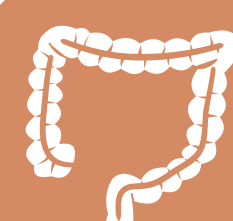
Decreased Coordination
Balance and Agility

BLADDER & KIDNEYS



Dehydration
Electrolyte Imbalance
Increased Urine Volume

STOMACH & COLON



Diarrhea
Upset Stomach
Vomiting
Weight Gain
Ulcers
Altered Nutrient Absorption



altru.org

SAPC
Grand Forks
Substance Abuse
Prevention Coalition



GFYC
Grand Forks Youth Commission

Altru
HEALTH SYSTEM