



The Effects of Alcohol



What is alcohol?

Alcohol (ethanol) is a colorless, volatile liquid that is the most common form of alcohol found in the human body. It is produced by the fermentation of sugars by yeast. The chemical formula for ethanol is C_2H_5OH . It is a colorless, volatile liquid that is the most common form of alcohol found in the human body.

How alcohol affects the body

Alcohol affects virtually every part of the body. In the gastrointestinal tract, alcohol irritates the lining of the mouth, throat, and stomach, causing inflammation and discomfort. It also affects the liver, which is responsible for processing alcohol. The liver's ability to process alcohol is limited, and excessive consumption can lead to liver damage.

- Alcohol affects the brain, leading to impaired judgment, coordination, and reaction time.
- Alcohol affects the heart, leading to increased heart rate and blood pressure.
- Alcohol affects the lungs, leading to impaired breathing and increased risk of pneumonia.
- Alcohol affects the kidneys, leading to increased urination and dehydration.
- Alcohol affects the pancreas, leading to inflammation and pain.
- Alcohol affects the reproductive system, leading to decreased fertility and increased risk of miscarriage.
- Alcohol affects the immune system, leading to decreased resistance to infection.
- Alcohol affects the skin, leading to dryness, redness, and acne.
- Alcohol affects the digestive system, leading to heartburn and indigestion.
- Alcohol affects the nervous system, leading to nerve damage and neuropathy.

Alcohol affects the body in many ways, and the effects can be both short-term and long-term. Excessive consumption can lead to serious health problems, including liver disease, heart disease, and brain damage.

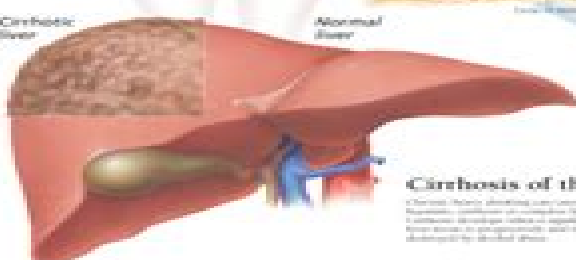


Fetal alcohol syndrome

- Fetal alcohol syndrome (FAS) is a group of conditions that can occur in a child whose mother drank alcohol heavily during pregnancy.
- Children with FAS may have growth problems, learning disabilities, and behavioral problems.
- Children with FAS may also have physical abnormalities, such as facial features that are characteristic of FAS.
- Children with FAS may have a higher risk of developing heart, liver, and kidney problems.
- Children with FAS may have a higher risk of developing mental health problems, such as depression and anxiety.



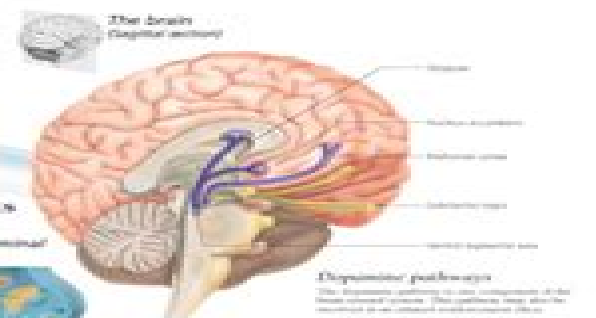
Cross section of liver lobule with later stages of fibrosis, scar tissue



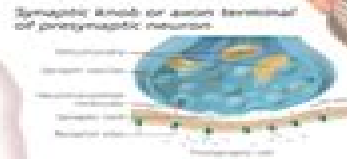
Cirrhotic liver

Cirrhosis of the liver

Cirrhosis is a chronic liver disease that leads to the replacement of normal liver tissue with scar tissue. This process is irreversible and can lead to liver failure.



Nervous system effects

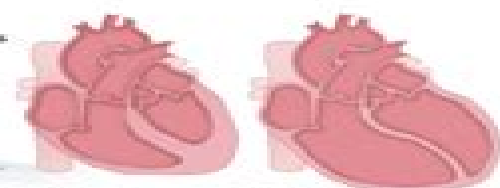


Alcohol affects the nervous system by interfering with the transmission of nerve impulses. It does this by acting as a depressant, slowing down the activity of the brain and nervous system.

Alcohol affects the brain by interfering with the transmission of nerve impulses. It does this by acting as a depressant, slowing down the activity of the brain and nervous system.

Cardiovascular effects

Alcohol affects the heart by increasing heart rate and blood pressure. It also causes the heart to pump more blood, which can lead to heart failure if the heart is already weakened.



Heart with cardiomyopathy
• Damaged muscle fibers
• Distorted heart chamber walls
• Enlarged heart chambers



Alcohol affects the brain by interfering with the transmission of nerve impulses. It does this by acting as a depressant, slowing down the activity of the brain and nervous system.

Kidney effects

Alcohol affects the kidneys by increasing urination and dehydration. This can lead to kidney damage and kidney failure if the kidneys are already weakened.



Intoxication levels

The degree of alcohol intoxication depends on many factors, including body size, the amount and rate of alcohol consumption, and the rate of alcohol metabolism. The rate of alcohol metabolism is the most important factor in determining intoxication levels.

| BAC* | Effects |
|--------------|--|
| 0.01 - 0.05% | Relaxation, lowered inhibitions |
| 0.05 - 0.10% | Impaired judgment, loss of coordination, reflexes and reaction time, loss of self-control and driving capability |
| 0.10 - 0.15% | Large effects on motor skills and the ability to coordinate |
| 0.15 - 0.20% | Loss of balance, impaired coordination and slightly slurred speech |
| 0.20 - 0.25% | Slurred speech, difficulty walking, coordination, loss of self-control, impaired judgment |
| 0.25 - 0.30% | Loss of balance, loss of coordination, loss of self-control, impaired judgment |
| 0.30 - 0.35% | Loss of balance, loss of coordination, loss of self-control, impaired judgment |
| 0.35 - 0.40% | Loss of balance, loss of coordination, loss of self-control, impaired judgment |
| 0.40 - 0.45% | Loss of balance, loss of coordination, loss of self-control, impaired judgment |

What is alcoholism?

Alcoholism is a chronic disease that is characterized by a compulsive need to drink alcohol, despite the negative consequences. It is a complex condition that involves both physical and psychological factors.

Alcohols Effect On Organ Function

**National Institute on Alcohol Abuse
and Alcoholism (U.S.)**



Alcohols Effect On Organ Function:

Alcohol's Effect on Organ Function Dianne M. Welsh,1998-12 Presents a selection of articles on the effect of alcohol use on organ function Topics include alcohol s effects on liver function alcohol related pancreatic damage alcohol and the cardiovascular system alcohol s contribution to compromised immunity the hemotological complications of alcoholism the endocrine system and alcohol related hormonal imbalances impairments of brain and behavior alcohol s role in gastrointestinal tract disorders and alcohol s impact on kidney function Diagrams **Alcohol Health and Research World**,1997 Alcohol Research & Health ,1999 *Biblical Facts About Wine* Wondill Froman,2005-11-17 This book will reveal every Biblical fact that youve every wanted to know about wine It will be an eye opener to those who want to know the truth of Gods Word Every Christian should read this book to find out for themself what the Word of God says about fermented wine

Alcohol and Cardiovascular Disease Derek J. Chadwick,Jamie A. Goode,2008-04-30 Both timely and topical this book examines the most important aspects of the relationship between alcohol consumption and health Drawing together much new and exciting work in this area it reviews this emotive subject from a dispassionate perspective It will provide a firm base for further research into the effects of alcohol on the cardiovascular system and into public health attitudes to what is both a universal pleasure and problem *Acute Alcohol Ataxia in Relation to Vestibular Function* Alfred R. Fregly,Ashton

Graybiel,1966 Determination of alcohol effects on postural equilibrium of bilateral labyrinthine defective individuals was made to aid in the elucidation of the functional role of the vestibular organ in man Generally severity and duration of the intoxicating effects were found to be less than that observed in a previous study on vestibular intact individuals The superimposition of an acute alcohol ataxia on vestibular impaired individuals appears to depend upon the degree to which nonvestibular functions can be made to compensate for the initial characteristic vestibular ataxia Author **The Alcohol and Other Drug Thesaurus: Introduction and overview** National Institute on Alcohol Abuse and Alcoholism (U.S.),2000

Magnesium in Human Health and Disease Ronald Ross Watson,Victor R. Preedy,Sherma Zibadi,2012-09-14 Magnesium is an essential mineral which is required for growth and survival of humans Since magnesium is a mineral and not synthesizable it must be obtained through dietary foods and or supplements Magnesium in Human Health and Disease reviews the benefits of magnesium supplementation to reach recommended intakes as well as provides new research that suggests how reaching levels above the recommended intakes can promote health and treat various diseases Magnesium deficiency can cause low serum potassium and calcium levels retention of sodium and low circulating levels of regulatory hormones These changes in nutrients cause neurological and muscular symptoms such as tremor and muscle spasms Further magnesium deficiency causes loss of appetite nausea vomiting personality changes and death from heart failure Causes of magnesium deficiency include alcohol abuse poorly controlled diabetes excessive or chronic vomiting and or diarrhea Thus the effects of inadequate and deficient intakes or levels of magnesium is critical to health and are reviewed by the expert

clinicians in this book *Magnesium in Human Health and Disease* provides the most current research to support the potential benefits or lack thereof for normal and high supplementation with magnesium Animal model research and early human trials are reviewed to document other disease states such as hypertension cholesterol level type 2 diabetes and cardiovascular disease that would benefit from increased magnesium *Drugs and Society* Glen R. Hanson, Peter J. Venturelli, Annette E. Fleckenstein, 2014-03-03 Updated to keep pace with the latest data and statistics *Drugs and Society* Twelfth Edition contains the most current information available concerning drug use and abuse Written in an objective and user friendly manner this best selling text continues to captivate students by taking a multidisciplinary approach to the impact of drug use and abuse on the lives of average individuals A new modern design and robust ancillary package help students understand and retain key learning objectives from each chapter and prepare for class Contact Your Account Specialist About Our Money Saving Package Options Package A Contains print text plus FREE print Student Study Guide ISBN 978 1 284 05478 1 Package B Contains print text plus FREE eBook Access Code ISBN 978 1 284 05821 5 Package C Contains print text plus FREE Navigate Access Code ISBN 978 1 284 05586 3 *Manual of Drug and Alcohol Abuse* A. Arif, J. Westermeyer, 2012-12-06 During the last few centuries and particularly in recent decades problems result ing from the excessive use of drugs and alcohol have spread virtually as an epidemic to every country in the world and to almost every community Abuse of alcohol and drugs is related to numerous other health problems such as the spread of acquired immune deficiency syndrome AIDS on all continents Health and social services today cannot afford to ignore this crisis since it affects all levels of society and manifests itself in diverse health and social problems In recent years the World Health Organization has received numerous requests for training material for physicians in this field This manual therefore meets an urgent need The availability of new data and the dearth of suitable textbooks have made its preparation mandatory The influence of sociocultural factors on drug dependence and alcohol related problems on their cause development and consequences as well as on their treatment and prevention has been taken into account in the preparation of this manual in order to ensure that its usefulness is not limited to one country or region It has been prepared primarily for the teaching of physicians and medical students although much of it is relevant to the training of nurses midwives health educators primary care workers medical social workers counselors and psychologists In fact suggestions have been included for adapting the manual for use in the training of such varied groups of students *Handbook of Alcoholism* Gerald Zernig, Alois Saria, Martin Kurz, Stephanie O'Malley, 2000-03-24 While the war on drugs continues to attract world attention it is often overlooked that alcoholism remains a major worldwide health concern No matter what your expertise the CRC Handbook of Alcoholism can help you acquire the necessary skills to treat problem drinkers and alcohol dependent patients In three sections Patient Care Research **Toxicology Research Projects Directory**, 1978 **Alcohol and the Gastrointestinal Tract** Manfred V. Singer, David Brenner, 2006 Alcohol related disorders account for an enormous part of the global mortality and morbidity with most patients being treated in

gastroenterology For this book a team of internationally renowned experts has contributed state of the art reviews on alcohol related epidemiology diseases of the gastrointestinal tract liver and pancreas as well as the question of how to guide alcoholics psychologically The first paper evaluates epidemiological data on the impact of alcohol consumption on total morbidity and mortality This is followed by a critical appraisal of the effect of moderate drinking on the risk and pathophysiological mechanisms of gastrointestinal diseases and of certain health benefits of moderate alcohol consumption An assessment of available animal models to explain the latest findings in basic alcohol research is followed by a discussion of the effects of alcohol on the various parts of the gastrointestinal system with special emphasis on the pancreas and liver Reviews of the well known association between alcohol consumption and increased risk of cancer and a discussion on how best to care for alcoholics in view of the presented research advances conclude this volume For those interested in alcohol related epidemiology molecular mechanisms pathophysiology clinical aspects and the treatment of alcohol induced diseases of the gastrointestinal tract liver and pancreas this publication contains a wealth of information

The Alcohol and Other Drug Thesaurus National Institute on Alcohol Abuse and Alcoholism (U.S.),1993

The Truth about Alcohol Barry Youngerman,Mark J. Kittleson,2005 An exploration of the issues surrounding teen alcohol use that gives teens the factual knowledge they need and challenges them to reconsider how they think about alcohol

Health Services Reports ,1988

Routledge Handbook of Intoxicants and Intoxication Geoffrey Hunt,Tamar Antin,Vibeke Asmussen Frank,2022-11-30 Bringing together scholars from different disciplines in the humanities and social sciences this multidisciplinary Handbook offers a comprehensive critical overview of intoxicants and intoxication The Handbook is divided into 34 chapters across eight thematic sections covering a wide range of issues including the meanings of intoxicants the social life of intoxicants intoxication settings intoxication practices alternative approaches to the study of intoxication scapegoated intoxicants discourses shaping intoxication and changing notions of excess It explores a range of different intoxicants including alcohol tobacco coffee tea and legal and illicit drugs including amphetamine cannabis ecstasy khat methadone and opiates Chapter length case studies explore these intoxicants in a variety of countries including the USA the UK Australia Bosnia Herzegovina Brazil Denmark Ireland Japan Kyrgyzstan Nigeria Singapore and Sweden across a broad timespan covering the nineteenth century to the present day This wide ranging Handbook will be of great interest to researchers students and instructors within the humanities and social sciences with an interest in a wide range of different intoxicants and different intoxication practices Chapters 15 and 31 of this book are freely available as downloadable Open Access PDFs at <http://www.taylorfrancis.com> under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4.0 license

Alcohol and Aging Thomas P. Beresford,Edith Lisansky Gombert,1995 U S census figures forecast that the percentage of U S citizens over the age of 65 will double between 1980 and 2030 Estimates that between 3 and 10% of this group are prone to alcohol abuse points to the potential for an increasingly ominous health care problem Alcohol and

Aging the first comprehensive treatment of the topic written for clinicians covers a wide range of issues unique to elderly alcoholics from diagnosis and treatment to alcohol related medical and cognitive disorders from problems arising from interactions between alcohol and medication to the biochemistry of intoxication Throughout the book focuses on clinical practical problems and stays away from jargon making it accessible to a wide range of readers Featuring contributions a diverse group of specialists the book will be an invaluable aid to physicians psychiatrists clinical psychologists and social workers who treat alcoholism in the aging population **Alcohol and the Addictive Brain** Kenneth Blum, 2010-06-15 An understanding of the nature and progression of alcohol addiction has emerged alcoholism as the result of an imbalance in the brain's natural production of neurotransmitters critical to our sense of wellbeing This imbalance which an increasing amount of evidence is demonstrating to be genetically influenced produces a craving temporarily satisfied by drinking Alcohol and the Addictive Brain is an account of the scientific discoveries concerning alcoholism **Nutrition** Lori A. Smolin, Mary B. Grosvenor, 2019-01-14 Nutrition Science and Applications 4th Edition helps students develop the scientific understanding to support their personal and professional decisions Using a critical thinking approach Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns both as consumers and as future scientists and health professionals

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