

ALCOHOL AND MEMORY LOSS: WHAT'S THE CONNECTION?

Alcohol disrupts how the nerves in the hippocampus, the part of the brain responsible for forming and maintaining memories, communicate with each other.

Short-term memory loss

Blackouts affect our ability to recall simple information. You might forget large chunks of the night when you were drinking.

Long-term memory loss

Over time, further damage to your hippocampus could affect your ability to make and retain memories in the long-term.



Alcohol And Human Memory

**National Institutes of Health (U.S.).
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