



The Effects of Alcohol



What is alcohol?

Alcohol is a chemical compound that is often found in beverages. It is a colorless, flammable liquid with a characteristic odor. The most common type of alcohol is ethanol, which is the main ingredient in alcoholic drinks. It is produced by the fermentation of sugars by yeast.

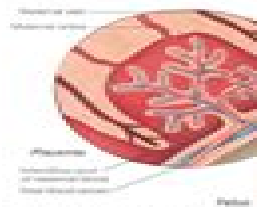


How alcohol affects the body

Alcohol affects the body in several ways. It is a central nervous system depressant, which means it slows down the activity of the brain and spinal cord. This leads to a variety of effects, including impaired judgment, reduced coordination, and slowed reaction time. It also affects the heart and liver, and can lead to long-term health problems if consumed in excess.

- Alcohol affects the body in several ways, including:
 - Impaired judgment and coordination
 - Reduced reaction time
 - Slowed heart rate
 - Increased risk of liver disease
 - Increased risk of heart disease
 - Increased risk of cancer
 - Increased risk of fetal alcohol syndrome
 - Increased risk of addiction
 - Increased risk of mental health problems
 - Increased risk of sexual health problems

Alcohol also affects the body's ability to absorb nutrients. It can interfere with the absorption of vitamins and minerals, leading to deficiencies that can cause health problems. For example, a deficiency of vitamin B1 can lead to a condition called beriberi, which affects the nervous system.



Fetal alcohol syndrome

Fetal alcohol syndrome (FAS) is a condition that occurs when a fetus is exposed to alcohol in the womb. It can lead to a variety of physical and mental health problems, including growth retardation, facial abnormalities, and intellectual disability.

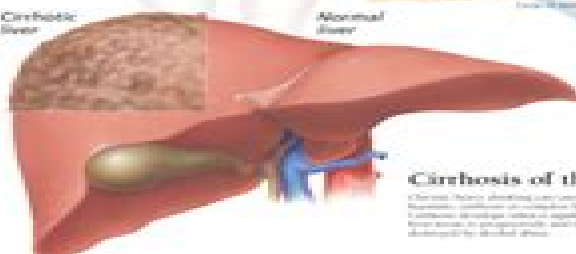
- Effects of FAS include:
 - Growth retardation
 - Facial abnormalities (e.g., smooth philtrum, thin upper lip)
 - Intellectual disability
 - Behavioral problems (e.g., hyperactivity, impulsivity)
 - Heart problems
 - Kidney problems
 - Liver problems
 - Joint problems
 - Vision problems
 - Hearing problems
 - Speech problems
 - Learning disabilities
 - Memory problems
 - Attention deficit hyperactivity disorder (ADHD)
 - Conduct disorder
 - Substance use disorders
 - Mental health problems (e.g., depression, anxiety)

Alcohol is a teratogen, which means it can cause birth defects. It is important to avoid alcohol during pregnancy to prevent FAS and other complications.



Cross section of liver showing later stages of fibrosis, scar tissue

Cirrhotic liver



Cirrhosis of the liver

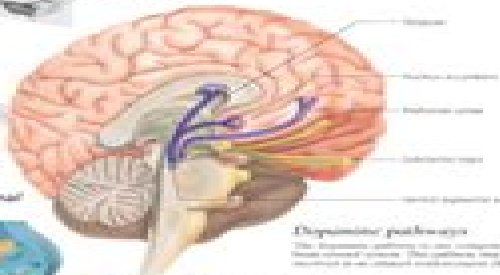
Cirrhosis is a chronic liver disease characterized by the replacement of normal liver tissue with scar tissue. It is caused by long-term damage to the liver, often due to alcohol consumption or chronic hepatitis. The scar tissue interferes with the liver's ability to function, leading to a variety of complications.

Nervous system effects

Synaptic knob or axon terminal of presynaptic neuron



The brain (cerebellum)



Depositor pathways

The depositor pathways are the pathways through which alcohol enters the brain. It is absorbed into the bloodstream and then travels to the brain, where it can cause damage.

Alcohol and neurotransmitters

Alcohol affects the brain by interfering with the normal function of neurotransmitters. It can either enhance or inhibit the release of neurotransmitters, leading to a variety of effects on the brain's activity.

Cardiovascular effects

Damage to the heart

Alcohol can damage the heart in several ways. It can lead to a condition called alcoholic cardiomyopathy, which is a weakening of the heart muscle. This can lead to heart failure, where the heart is unable to pump enough blood to the rest of the body. Alcohol can also lead to arrhythmias, which are irregular heartbeats.



Normal heart

Heart with cardiomyopathy

- Enlarged heart chamber
- Thickened heart muscle
- Enlarged heart chamber walls



Heart with cardiomyopathy

Alcohol can also lead to a condition called alcoholic liver disease, which is a group of liver conditions caused by long-term alcohol consumption. It includes fatty liver, alcoholic hepatitis, and cirrhosis.

Brain in cross section

The brain is the most important organ in the body, and it is responsible for controlling all of the body's functions. Alcohol can damage the brain in several ways, leading to a variety of cognitive and behavioral problems.

Kidney effects

Alcohol can damage the kidneys in several ways. It can lead to a condition called alcoholic kidney disease, which is a group of kidney conditions caused by long-term alcohol consumption. It includes acute kidney injury, chronic kidney disease, and end-stage renal disease. Alcohol can also lead to a condition called kidney stones, which are hard deposits that form in the kidneys.



Intoxication levels

The degree of alcohol intoxication depends on several factors, including the amount of alcohol consumed, the person's body weight, and the person's tolerance for alcohol. The legal limit for driving is 0.08% BAC, but it is recommended to drink responsibly and avoid drinking and driving.

| 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, impaired coordination, loss of self-control, and driving capability |
| 0.25 - 0.30% | Loss of balance, impaired coordination, loss of self-control, and driving capability |
| 0.30 - 0.35% | Loss of balance, impaired coordination, loss of self-control, and driving capability |
| 0.35 - 0.40% | Loss of balance, impaired coordination, loss of self-control, and driving capability |
| 0.40 - 0.45% | Loss of balance, impaired coordination, loss of self-control, and driving capability |

What is alcoholism?

Alcoholism is a chronic disease characterized by a compulsive need to drink alcohol, despite the negative consequences. It is a complex condition that involves both physical and psychological factors. People with alcoholism often experience withdrawal symptoms when they stop drinking, and they may have difficulty controlling their drinking. Alcoholism can lead to a variety of health problems, including liver disease, heart disease, and mental health issues.

Alcohols Effect On Organ Function

Lori A. Smolin, Mary B. Grosvenor



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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