

How Beer and Alcohol Affect the Body

Sometimes people drink beer or alcohol to have fun with friends or to numb the pain or to help with sleeping and bad dreams or other reasons.

If you drink too much beer or alcohol, it can poison your body.

Short Term Effects:

If you drink too much beer or alcohol at one time, it can cause these problems for the body:

- Slurred speech
- Drowsiness
- Vomiting
- Diarrhea
- Upset stomach
- Headaches
- Breathing difficulties
- Distorted vision and hearing
- Impaired judgment
- Decreased perception and coordination
- Unconsciousness
- Anemia (loss of red blood cells)
- Coma
- Death
- Blackouts (memory lapses, where the drinker cannot remember events that occurred while intoxicated)
- Unintentional injuries such as car crash, falls, burns, drowning
- Intentional injuries such as firearm injuries, sexual assault, domestic violence
- Alcohol poisoning

Long Term Effects:

Drinking too much beer or alcohol often for a long time can cause these problems for the body:

- Increased on-the-job injuries and loss of productivity
- Increased family problems, broken relationships
- Alcohol poisoning
- High blood pressure, stroke, and other heart-related diseases
- Liver disease
- Nerve damage
- Sexual problems
- Permanent damage to the brain
- Vitamin B₁ deficiency, which can lead to a disorder characterized by amnesia, apathy and disorientation
- Ulcers
- Gastritis (inflammation of stomach walls)
- Malnutrition
- Cancer of the mouth and throat

