



The Effect of Alcohol on Health

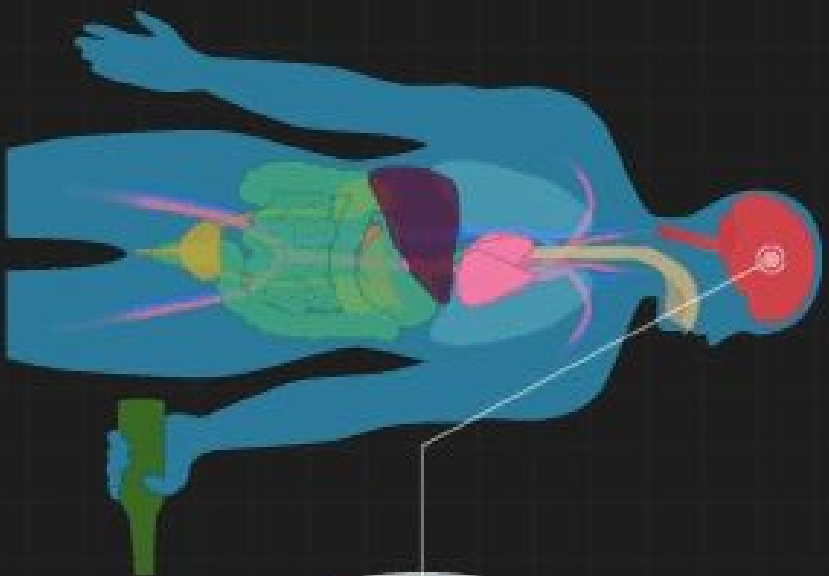
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Can alcohol cause brain damage!

Alcohol can produce detectable impairments in memory after only a few drinks and, as the amount of alcohol increases, so does the degree of impairment. Large quantities of alcohol, especially when consumed quickly and on an empty stomach, can produce a blackout, or an interval of time for which the intoxicated person cannot recall key details of events, or even entire events.

Yes! Difficulty walking, blurred vision, slurred speech, slowed reaction times, impaired memory: Clearly, alcohol affects the brain. Some of these impairments are detectable after only one or two drinks and quickly resolve when drinking stops. On the other hand, a person who drinks heavily over a long period of time may have brain deficits that persist well after he or she achieves sobriety.

The Effects of Alcohol on the Brain



- Releases dopamine in the brain
- Depresses brain centers, affecting motor skills and memory
- Excessive alcohol can cause a coma or even death

Why alcohol is a central nervous system depressant ?

Depressants are a class of drug which slow down brain functioning. They do this by depressing the central nervous system (CNS).

This sedative quality of these substances means that they have many medicinal applications such as a treatment for insomnia and anxiety.

Alcohol is the most popular of all depressants.

This recreational drug has been used for thousands of years as a way for people to relax and unwind. It is also the drug that has led to the most human suffering and social problems, and currently accounts for more deaths than all other drugs combined. All types of depressant have the potential to be addictive and substance abuse is common with this type of drug.

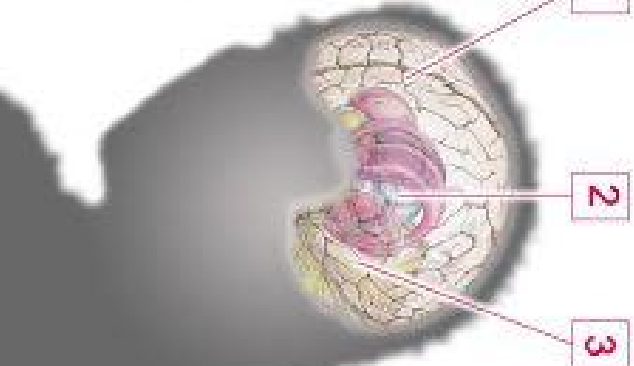
The CNS includes the brain and the spinal cord, and when the nervous system is working smoothly, it is amazingly efficient. But alcohol is a depressant of the CNS, meaning it slows activity down. The degree to which brain activity slows down depends on how much, and how fast, a person drinks.

- Hangovers
- Heart failure
- Respiratory failure
- Weight gain
- Alcohol poisoning
- Hypertension
- Liver disease
- Increased risk of certain types of cancer
- Impaired immune system functioning

HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

1. First, alcohol affects the forebrain and assaults motor coordination and decision making.
2. Then, alcohol knocks out the midbrain, and you lose control over emotions and increase chances of a blackout.



3. Finally, alcohol batters the brainstem as it affects heart rate, body temperature, appetite and consciousness, a dangerous and potentially fatal condition.



Why do you have memory loss after drinking?

Hangovers and blackouts are most associated with alcohol, but they can occur with other types of drug use. Hangovers can make it difficult for the individual to function the next day. Blackouts can be a particularly distressing symptom of alcohol or drug abuse because it means not remembering parts of the night before.

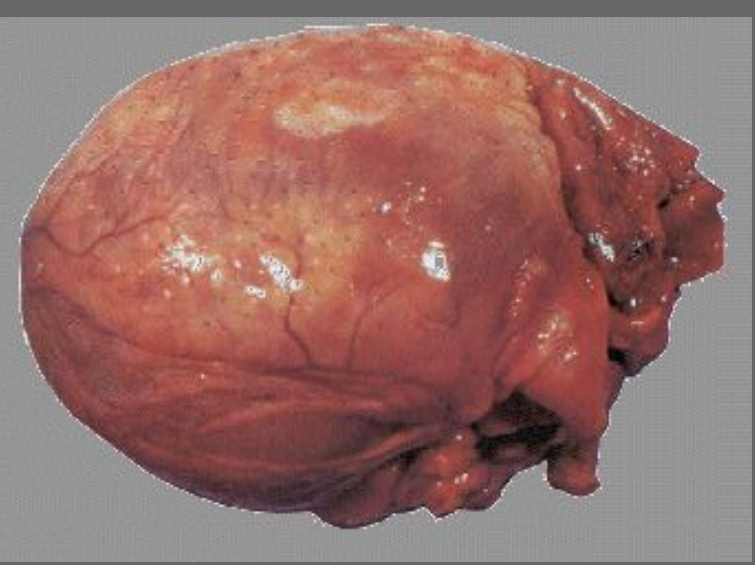
It is common for people to occasionally feel a bit ill after a night out drinking and this does not mean they are an alcoholic. It is only when these symptoms appear regularly that there is cause for concern. Amnesia caused by substance use is a far more worrying symptom, but it may be common even for social drinkers.

The risk of blacking out due to alcohol use varies from person to person. While common among those who misuse and abuse alcohol, blackouts are also experienced by social drinkers. Blacking out can be a warning sign to drinkers and their friends that alcohol-related problems exist. Due to physiological differences, women are more vulnerable to blackouts than men, even if they are consuming alcohol at lower rates. Additionally, women don't recover from memory impairments as quickly as men. When serious and typically unforgettable occurrences are impossible to remember, for high-risk and social drinkers alike, blackouts are often troubling or traumatic.

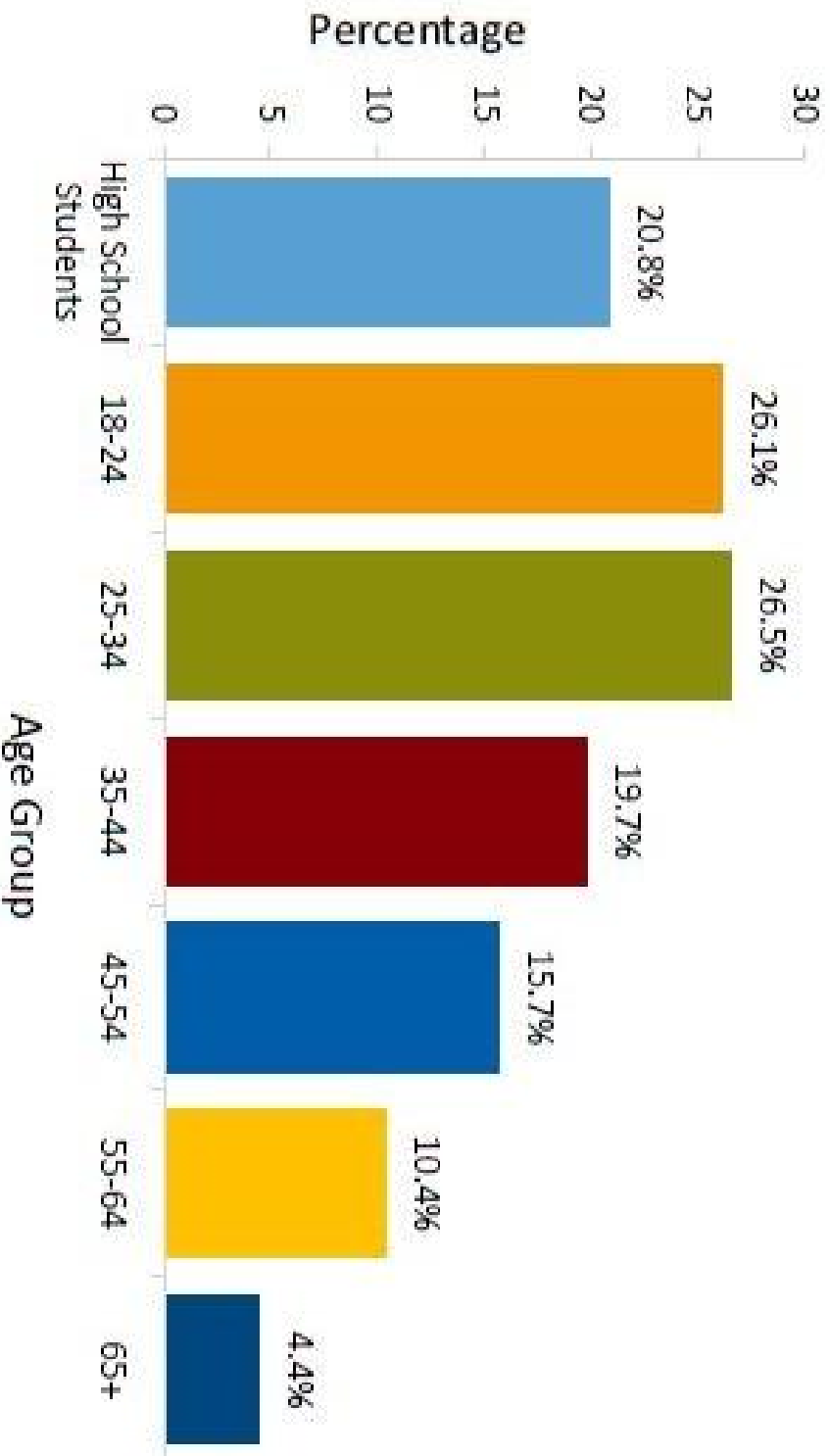
How does alcohol affect the heart?

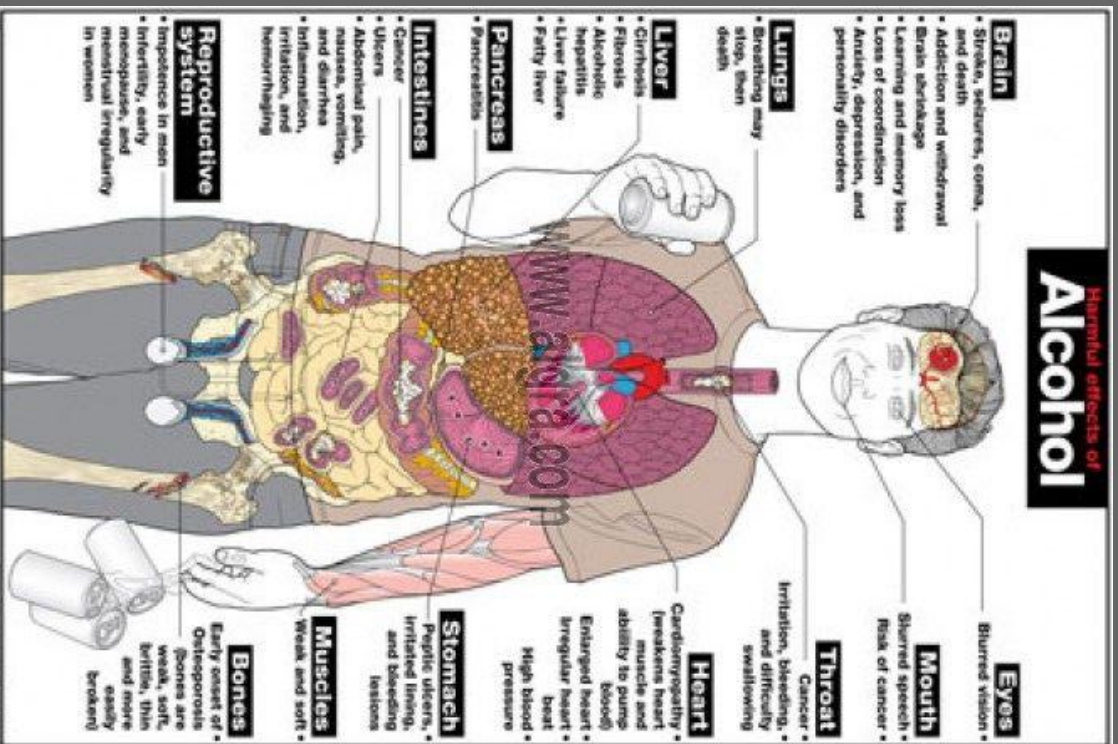
Drinking more than the lower risk guidelines regularly and over a long period of time can increase your risk of developing heart disease. This is because, drinking at this level can:

- Increase the risk of high blood pressure. Drinking excessive amounts of alcohol causes raised blood pressure which is one of the most important risk factors for having a heart attack or a stroke. Increases in your blood pressure can also be caused by weight gain from excessive drinking.
- Heavy drinking weakens the heart muscle, which means the heart can't pump blood as efficiently. It's known as cardiomyopathy and can cause premature death, usually through heart failure. The heart may be enlarged.



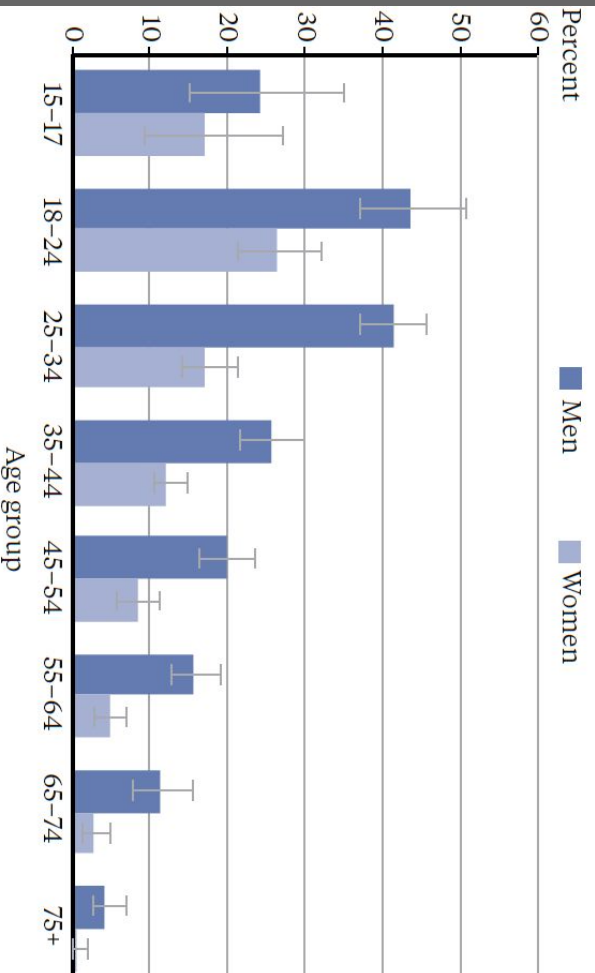
The age at which someone begins to drink alcohol





As you see there is so many things that alcohol can harm and we don't even know. Take a look at this chart to see what alcohol does do each part of your body.

Figure 3: Hazardous drinking, among past-year drinkers, by age group and sex



Source: 2011/12 New Zealand Health Survey (15 years and over)

Fun Facts About Alcohol ?

1. There more alcohol in mouthwash than wine.
2. United States has the highest minimum drinking in the entire world.
3. People with blue eyes have a higher alcohol tolerance.
4. Beer was not considered an alcoholic beverage in Russia until 2013.
5. Alcohol poisoning kills 6 Americans every day.
6. 31% of rock star deaths are related to drugs and alcohol.
7. Giving up Alcohol for just one month can improve liver function, decrease blood pressure and reduce the risk of liver disease and diabetes.
8. More than half of all adults have a family history of alcoholism or problem drinking.
9. In space there is a gas cloud with enough alcohol in it to make 400 trillion pints of beer.
10. It is illegal to feed alcohol to moose in Alaska and fish in Ohio.



Hope you guys enjoyed
my project!