Effects of Alcohol on the Body

- Memory Loss, Dementia
- Early aging, red and swollen nose, baggy eyes
- Heart failure, blood diseases, breast cancer
- Vomiting, diarrhea, bleeding, can’t absorb vitamins and nutrients
- Inflammation (swelling) of the pancreas
- Men: Poor sexual performance (ED)
- Women: Risk of birth defects, low birth weight babies

- Depression, Anger, Violence
- Cancer of throat and mouth
- Less able to fight infection (colds, pneumonia)
- Liver damage, Heartburn, Ulcers, Acid reflux
- Loss of balance, falls
- Nerve pain, loss of feeling, shaky hands
- Nerve pain, loss of feeling, tingling toes
- Less able to fight infection (colds, pneumonia)
- Liver damage, Heartburn, Ulcers, Acid reflux
- Loss of balance, falls
- Nerve pain, loss of feeling, shaky hands
- Nerve pain, loss of feeling, tingling toes

This material was prepared by Alliant Quality, the quality improvement group of Alliant Health Solutions (AHS), the Medicare Quality Innovation Network - Quality Improvement Organization for Alabama, Florida, Georgia, Kentucky, Louisiana, North Carolina, and Tennessee, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication No. 12SW-AHSQIN-QIO-YO1-20-150