

# Alcohol Affects Your Health

## Mental Health Concerns

- While consuming alcohol may alleviate symptoms of stress, anxiety, or depression in the short-term, self-medicating with alcohol can worsen your mental health symptoms in the long-run
- Research shows that people who drink alcohol are more likely to develop mental health challenges
- If you regularly consume alcohol, you may develop a dependence on it which can lead to more severe mental health concerns
- Alcohol consumption can negatively affect overall mood and brain functions in the long-term

## Physical Health Concerns

### Digestive System

Can cause cancer in the oral cavity  
Gut leakiness  
Colorectal cancer

### Heart

Can causing stretching and drooping of the heart (cardiomyopathy)  
Irregular heart beats  
High blood pressure  
Stroke

### Lungs

Pneumonia  
Acute respiratory distress syndrome

### Bones

Impaired fracture repair  
Reduced bone density

### Brain

Slows down the chemical pathways that control your body which affects mood, reflexes, balance, learning, memory, and sleep quality

### Muscles

Wasting skeletal muscle disorders (myopathy)

### Liver

Cirrhosis  
Inflammation of the liver  
Liver failure  
Liver cancer

### Pancreas

Pancreatitis

