

EFFECTS OF ALCOHOL ON THE BODY

<u>AFFECTED AREA</u>	<u>RESULTS</u>
Central Nervous System	<ul style="list-style-type: none">• Depressed• High levels can result in coma/death• Gastro-intestinal irritant resulting in ulcers, erosion of lining, and pancreatic irritations.
Liver	<ul style="list-style-type: none">• Change in fat metabolism and eventually scarring of the liver.
Circulatory System	<ul style="list-style-type: none">• Temporary increase in heartbeat and blood pressure.• Peripheral blood vessels dilate resulting in heat loss and feeling of warmth.
Fluid Balance	<ul style="list-style-type: none">• Water shifts within the body to give feeling of thirst.• Diuretic effect increases urine output.
Sensation and Perception	<ul style="list-style-type: none">• Reduced sensitivity to taste and odor.• Tunnel vision; reduction in peripheral sight.• Limits abilities to distinguish light intensity.• Sensitivity to colors, especially red, decreases.
Motor Performance	<ul style="list-style-type: none">• Most types of performance are impaired by intoxicating doses of alcohol.• Alcohol increases swaying, especially if eyes are closed.• Coordination for tracing moving objects is impaired.

<u>AFFECTED AREA</u>	<u>RESULTS</u>
Attention, Memory, and Conceptual Process	<ul style="list-style-type: none"> • Inhibits the ability to absorb information from more than one source at a time. • Alcohol affects accuracy and consistency of a task more so than it affects speed. • Significant memory loss occurs with high doses of alcohol and may develop into blackouts involving amnesia. • Creates difficulties in processing and later recalling information. • Heavy drinkers will perform lower on abstraction and adaptive abilities when SOBER than those who drink less heavily.
Emotions	<ul style="list-style-type: none"> • Decreases inhibitions and "frees" people up in tight social situations.
Sexuality	<ul style="list-style-type: none"> • Large doses of alcohol frustrate sexual performance. • Sex lives become disturbed, deficient, and ineffectual. • Impotency occurs, sometimes reversible with the return of sobriety. • As Shakespeare once said, "Drink provokes the desire, but takes away from the performance".
Sleep	<ul style="list-style-type: none"> • Several drinks decrease REM, or dreaming sleep, resulting in impaired concentration and memory, increased anxiety, tiredness, and irritability.