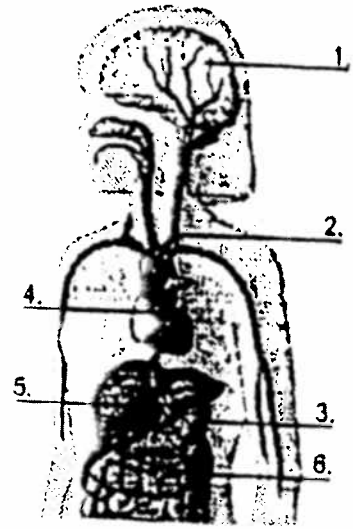


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Applying Health Skills

Alcohol and Your Body

Alcohol has both short- and long-term effects on body systems. The diagram on this page shows the parts of the body that are affected by alcohol. On the lines below the diagram, identify each numbered body part and list one immediate effect and one long-term effect of alcohol on each body part.



1. Body part:

1. BRAIN

IMMEDIATE EFFECTS:

- Impaired JUDGEMENT
- Impaired REASONING
- Impaired MEMORY
- Impaired CONCENTRATION
- Slowed REACTION TIME
- Decreased COORDINATION
- Slurred SPEECH
- Distorted VISION and HEARING
- Reduced INHIBITIONS
- Alcohol POISONING causing UNCONSCIOUSNESS and even DEATH

LONG TERM EFFECTS:

- Brain CELL DESTRUCTION
- Nervous system DISORDERS
- MEMORY LOSS

HEART

IMMEDIATE EFFECTS:

- Increased HEART RATE

LONG TERM EFFECTS:

- IRREGULAR heart beat
- Heart MUSCLE DAMAGE

LIVER

IMMEDIATE EFFECTS:

- Processes of the liver, which FILTERS OUT OVER 90% of the alcohol in the body, may become unbalanced.

LONG TERM EFFECTS:

- CIRRHOSIS or SCARRING and DESTRUCTION of the liver tissue and LIVER CANCER. Both can cause DEATH.

KIDNEYS

IMMEDIATE EFFECTS:

- Increased URINATION , which can result in DEHYDRATION , HEADACHE and DIZZINESS

LONG TERM EFFECTS:

- Kidney FAILURE resulting from HIGH BLOOD PRESSURE

BLOOD VESSELS

IMMEDIATE EFFECTS:

- Enlarged BLOOD VESSELS , creating a FALSE SENSE OF WARMTH

LONG TERM EFFECTS:

- HIGH BLOOD PRESSURE • STROKE

STOMACH

IMMEDIATE EFFECTS:

- VOMITTING , which can LEAD TO CHOKING AND DEATH

LONG TERM EFFECTS:

- ULCERS(open sores) • STOMACH CANCER