

LONG TERM HEALTH EFFECTS OF ALCOHOL

CENTRAL NERVOUS SYSTEM

- Impaired senses
 - vision, hearing, dulled smell and taste, decreased pain perception
- altered sense of time and space
- impaired motor skills, slow reaction
- impaired judgement, confusion
- hallucinations
- fits, blackouts
- tingling and loss of sensation in hands and feet
- early onset dementia (alcohol related brain damage)
- Wernicke's Syndrome and psychosis (delirium)
- mood and personality changes
- feeling anxious or worried

CIRCULATORY SYSTEM

- high blood pressure
- irregular heart beat
- damage to the heart muscle
- increased risk of heart attack and stroke

LIVER

- swollen, painful inflamed
- cirrhosis
- cancer
- fluid build up-oedema
- increased risk of haemorrhage
- liver failure, coma and death

PREGNANCY & BABIES

- fetal alcohol syndrome/ fetal alcohol effects
- small head, possible brain damage, retarded growth and development

GENERAL BODY

- weight gain
- headaches
- muscle weakness

GASTRO INTESTINAL SYSTEM

- stomach lining inflamed and irritated
- ulcers of the stomach and duodenum
- inflammation or varicose veins of the oesophagus

PANCREAS

- painful, inflamed, bleeding

INTESTINES

- irritation of lining
- inflammation and ulcers
- cancer of intestines and colon

IMMUNE SYSTEM

- depresses immune response
- infection increases

REPRODUCTIVE SYSTEM

MALE & FEMALE

- reduce fertility
- impaired sexual performance
- impotence
- decreased sperm count and movement
- increased risk of breast cancer in females
- early onset of menopause
- irregular menstrual cycle



TOWARDS A DRUG-FREE FIJI



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