



# Alcohol's Effects on the Body Chart



**Brain:** Interferes with communication pathways, which can affect the way the brain works. This causes disruptions in mood and behavior, making it harder to think clearly and move with coordination.

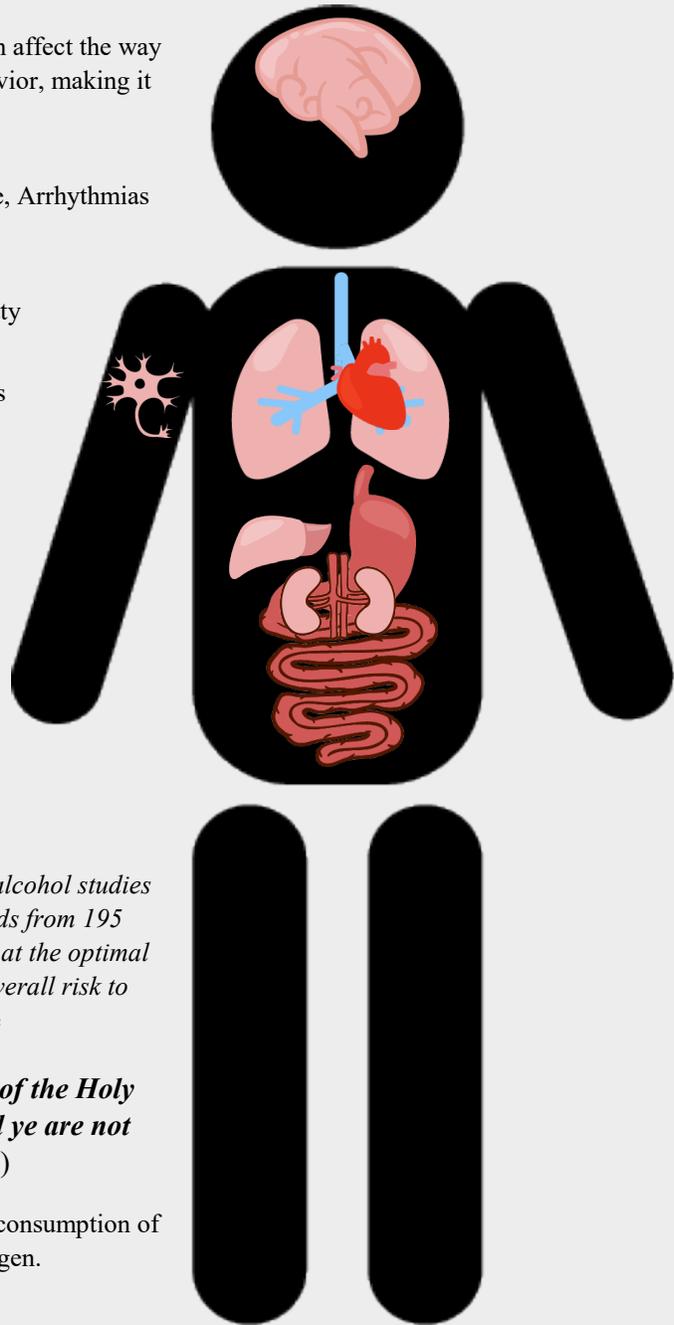
**Heart:** Can damage the heart, causing problems including: Cardiomyopathy – Stretching and drooping of heart muscle, Arrhythmias – Irregular heartbeat, Stroke, High blood pressure.

**Liver:** Can damage the liver, and can lead to a variety of problems and liver inflammations including: Steatosis – fatty liver, alcoholic hepatitis, Fibrosis, Cirrhosis.

**Pancreas:** Causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

**Cancers:** Head and neck cancer, esophageal cancer, liver cancer, breast cancer, colorectal cancer, etc.\*

**Immune System:** Can weaken your immune system, making your body more susceptible to diseases like pneumonia and tuberculosis, as compared to people who do not drink, even up to 24-hours after drinking.



*“A recent study that included data from more than 1000 alcohol studies and data sources, as well as death and disability records from 195 countries and territories from 1990 to 2016, concluded that the optimal number of drinks to consume per day to minimize the overall risk to health is zero.” – National Cancer Institute*

***“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?” – 1 Corinthians 6:19 (KJV)***

\*The US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen.

Source 1: <https://web.archive.org/web/20190218174825/https://www.niaaa.nih.gov/alcohol-health/alcohols-effects-body>

Source 2: <https://web.archive.org/web/20190218175245/https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>

All credit, praise, honor, and glory belongs to our beloved God!

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