

How too much alcohol affects the body



Brain

Too much alcohol can make people upset, anxious or angry.

Skin

Too much alcohol makes the skin hot and sweaty and can make people red-faced.



Head

Too much alcohol can lead to a headache/hangover, so it's important to drink plenty of water/ soft drinks. It can affect people's memory too.

Eyes

Too much alcohol leads to bloodshot eyes. Alcohol also slows reactions - that's why people have more accidents after drinking.



Heart

Too much alcohol makes the heart beat faster and can cause panic attacks.

Tummy and gut

Too much alcohol and drinking on an empty tummy can cause sickness. Some people may even pass out and risk choking on their own vomit.

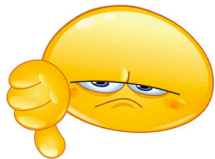


Liver

Alcohol is broken down in the liver, but it can only cope with 1 drink an hour. Drinking heavily for a long time increases the risk of liver disease.

Alcohol and sex

People take risks when they've drunk too much - with someone they don't know or have unprotected sex. They might worry if they can't remember what they have done after drinking.



Waist

Alcohol is calorific. Too much can lead to weight gain.

Armpits

Too much alcohol can make the body sweat.

