

# LONG TERM EFFECTS OF ALCOHOL ON THE BODY

## SCIENCE/ ENVIRONMENTAL STUDIES 11 - 16 WORKSHEET 6

Drinking alcohol has short term effects on the body (Worksheet 3). However, drinking excessive alcohol over a longer period of time can have serious effects on a person's health.

### ACTIVITY ONE

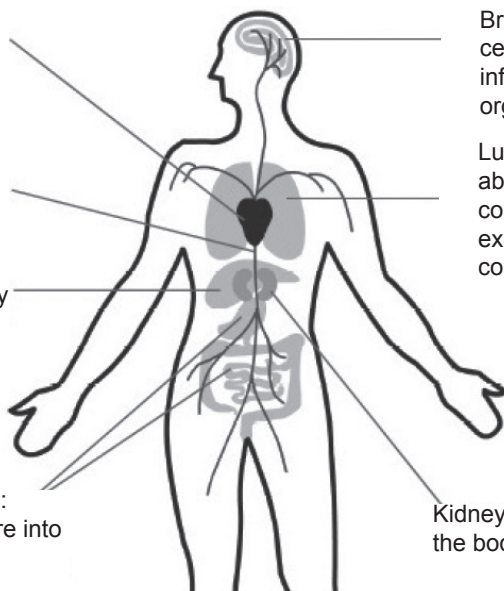
Look at the diagram below:

Heart: pumps blood around the body

Circulatory system: transports blood around the body

Liver: processes the food and drink taken into the body

Stomach and small intestine: alcohol is absorbed from here into the bloodstream



Brain: acts as the control centre of the body and receives information from the sense organs

Lungs: exchange gases - they absorb gases that have a low concentration in the blood, and excrete gases which have a high concentration in the blood

Kidneys: control the water balance in the body and produce urine

Draw a line to connect the parts of the body with the long-term effects of drinking heavily. There is information to help you at [talkaboutalcohol.com/interactive-body/](http://talkaboutalcohol.com/interactive-body/)

**Brain**

**Liver**

**Heart**

**Circulatory system**

**Lungs**

**Stomach and small intestine**

**Kidneys**

Cirrhosis and cancer

Ulcers

Depression and mood swings

Urinary infections

Memory loss

Bloodshot eyes

High blood pressure

Mental illness

Flushed complexion

Rapid pulse

Vomiting and diarrhoea

Dehydration

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### ACTIVITY TWO

1. How can alcohol affect someone's facial appearance?
2. Why can drinking alcohol lead to weight gain?
3. Why is the liver particularly at risk from long-term drinking?
4. Why should pregnant women avoid alcohol?