

Alcohol's Effect on the Brain

Number of Drinks	Part of the Brain Affected
1-2 drinks	reason caution intelligence memory
3-4 drinks	self-control judgment
5-6 drinks	senses
7-8 drinks	coordination
9 drinks	balance
10 or more drinks	vital centers

Other known effects of alcohol:

- increased risk of viral or bacterial diseases
 - cancer of the esophagus
- oral-type (mouth and tongue) cancers
 - cancer of the pharynx (windpipe)
 - cancer of the larynx
 - cancer of the rectum
 - pancreatic and stomach cancer
- liver damage, cirrhosis, diminishes the ability of the liver to metabolize fat, alcoholic hepatitis, liver cancer, hypoglycemia (low blood sugar)
- gastro-intestinal tract irritant, inflammation of the esophagus and the stomach, stimulates acid secretion in the stomach, stomach and upper intestinal ulcers
 - damaging effect on the heart
 - hypertension (high blood pressure)
 - testicular atrophy and impotence
- drinking in pregnancy can damage the developing fetus
 - mental retardation

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