



Drinking and health: worldwide

Alcohol misuse

- Kills more than 2 million people every year

1/3 die from injuries

- Accidental injuries:
 - Car crash, fall, drowning, etc
- Intentional injuries:
 - Homicide, suicide, etc.

2/3 die from disease caused by alcohol

- Liver, brain, heart, cancer, pancreas, etc.

Alcohol consumption causes more than 60 types of disease and injury.

World Health Organization.

Alcohol and its problems

Global alcohol consumption is increasing.

Most of this increase is occurring in developing countries.

Alcohol: some facts

- The drug is ethyl alcohol (ethanol)
- Is made when yeast, sugars or starches are fermented.
- Affects every organ in your body.
- Is a *depressant* - it slows your brain. This can affect your:
 - Perceptions
 - Emotions
 - Decision-making ability
 - Movement, vision, hearing

These changes are called **INTOXICATION**

Acute effects

Acute = What happens now

When intoxicated, you have impaired judgement and may act impulsively. This can cause:

Accidents: Falls, drowning, motor vehicle and firearms

Violence: Fights, domestic partner, child abuse (including neglect), homicide and suicide

Sexual problems: Impotence, loss of sensation, inability to give sexual consent or get sexual consent; sexual assault and unprotected sex (STIs, pregnancy)

Around the world, alcohol is linked to more acts of aggression and violence than any other legal or illegal drug.

Chronic effects

Chronic = Long-term

There are many effects of long-term alcohol abuse including:

- Liver problems
- Brain and nervous system damage
- Heart problems and high blood pressure
- Cancers
- Social problems

The more someone drinks, the higher the risk.
BUT even occasional heavy drinking can damage health.

Alcohol and organ damage

The liver

- Fatty liver, alcoholic hepatitis, cirrhosis (cannot be reversed, often fatal) and liver cancer risk increased

The brain and nervous system

- Brain damage / brain shrinkage, seizures / epilepsy, memory loss, coordination problems and mental illness

The cardiovascular system

- High blood pressure, stroke, heart failure, heart attack, weakened heart muscle and high cholesterol

Cancer

- Increases the risk of many cancers including: mouth / throat / voice box / esophagus / liver / colon / breasts

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