



# Alcohol



## ▶ The effects of alcohol on your body ◀

### ▶ **Gastrointestinal and endocrine glands:**

Drinking too much alcohol can cause abnormal activation of digestive enzymes produced by the pancreas. Accumulation of these enzymes can lead to inflammation called pancreatitis.

▶ **Inflammatory damage:** The liver is an organ that helps break down and eliminate harmful substances from the body, including alcohol. Prolonged alcohol consumption disrupts this process. It also increases the risk of chronic hepatitis and liver disease.

▶ **Glucose levels:** The pancreas helps regulate insulin use and the body's response to glucose. When your pancreas and liver are not working properly, you run the risk of hypoglycemia.

▶ **Central nervous system:** One of the easiest ways to understand the effects of alcohol on the body is to understand how it affects the central nervous system. Irregular speech is one of the first signs of excessive drinking. Alcohol can reduce the connection between your brain and your body.

▶ **Gastrointestinal tract:** The link between alcohol consumption and your digestive system may not be immediately clear. Side effects often appear only after injury. And the more you drink, the more damage. Drinking can damage the tissues of the gastrointestinal tract and prevent digestion and absorption of nutrients and vitamins in the intestine. As a result, malnutrition may occur.



▶ **Circulatory system:** Alcohol can affect your heart and lungs. People who drink alcohol are more likely to have heart problems than people who do not. Complications of the circulatory system include:

- ▶ High blood pressure
- ▶ Irregular heartbeat
- ▶ Difficulty pumping blood from the body
  - ▶ Stroke
  - ▶ Heart attack
  - ▶ Heart disease
  - ▶ Heart failure

▶ **Musculoskeletal systems:** Prolonged use of alcohol may prevent bone strength in the body. This habit may cause the bones to become thinner and, in the event of a fall, increase the risk of fracture and may heal less quickly. Drinking alcohol can also lead to muscle weakness, muscle cramps, and eventually atrophy.



## ▶ Alcohol ◀

▶ **Cognac:** Cognac is made using special Ugni Blanc grapes

▶ **Beer:** Barley, water, hops, and yeast are the four magical ingredients needed to make beer.

▶ **Port wine**

Alcohol (ethanol or ethyl alcohol) is a substance found in beer, wine, and alcohol and causes intoxication. When yeast ferments sugars in various foods, alcohol is formed.

## ▶ Types of alcohol ◀

▶ **Vodka:** Traditionally made from potatoes or fermented cereals.

▶ **Whiskey:** A distilled alcoholic beverage that is generally made from fermented grains including barley, corn, rye, and wheat.

▶ **Brandy:** Although brandy can be made from any fruit, it is traditionally made from raw grapes to achieve higher acidity.

▶ **Wormwood sweet wine:** Vermouth, which is injected with roots, flowers, seeds, herbs, spices, and enriched by adding brandy, is an aromatic wine.



## ▶ Alcoholism Disorder ◀

Alcoholism disorder involves forced drinking, to the extent that a person is unable to stop it despite the harm it causes.

People who suffer from alcoholism may experience the following:

- ▶ Drinking control problems.
- ▶ Busy, when they receive the next drink.
- ▶ Craving and desire to drink.
- ▶ Continued use of alcohol even if it causes problems.
- ▶ Cessation symptoms such as sweating, tremors.
- ▶ Reduces social activity.