



How Alcohol Affects Your Health

Mes 10 – Alcohol y Diabetes

Video 11

Effects of Alcohol

health

pancreas

liver

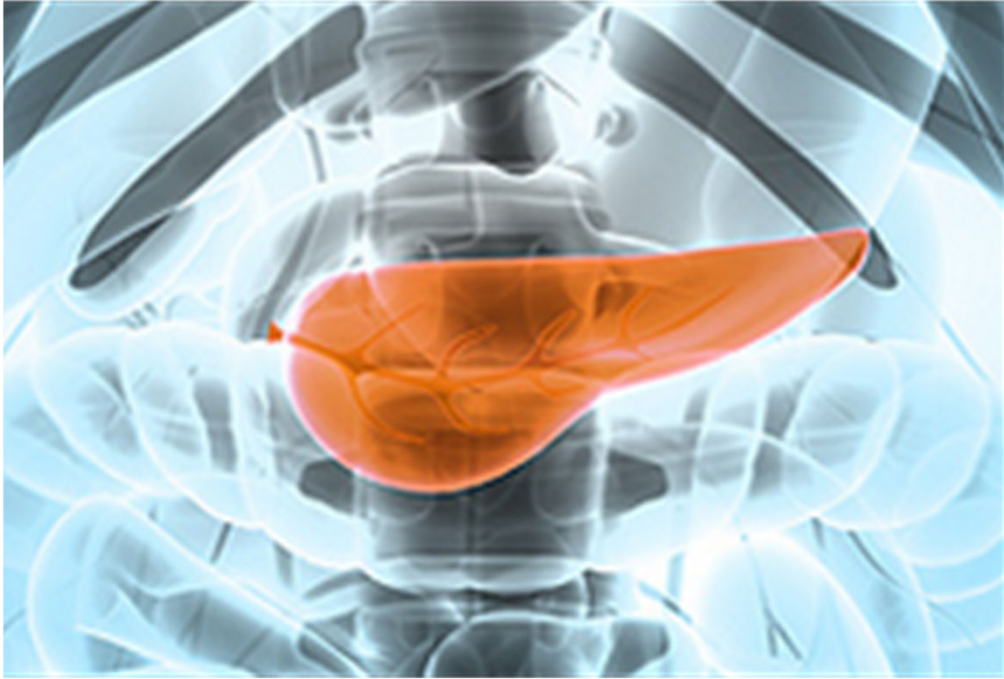
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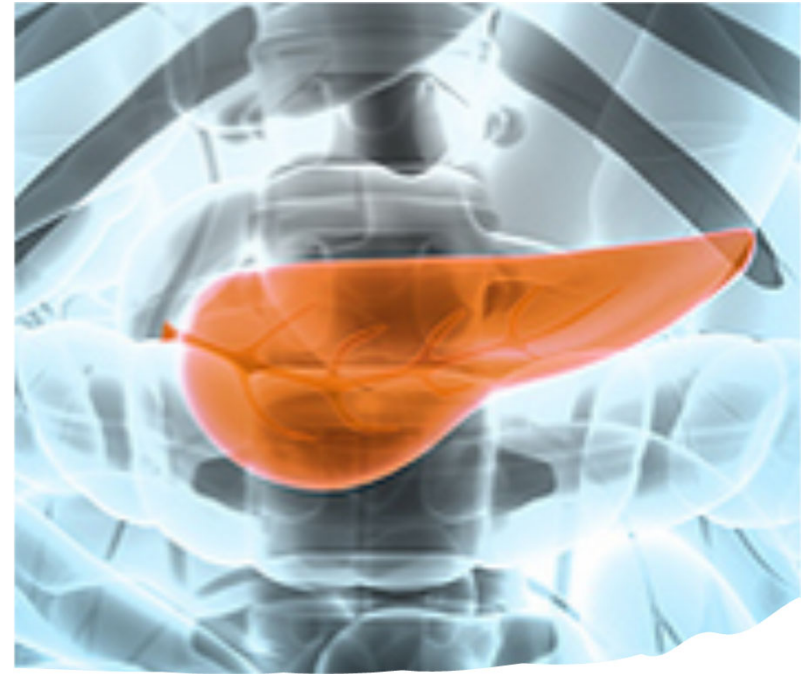
Effects of alcohol on the body

The infographic features a central illustration of a male torso with anatomical diagrams of the brain, heart, liver, stomach, and bones. Lines connect these diagrams to specific health effects listed on either side. The background is split into a yellow left half and a green right half.

Excessive Consumption	Moderate Consumption
<ul style="list-style-type: none">• Brain Damage• Memory Impairment• Increased Risk of Cancer (Mouth, Throat, Esophagus, Liver)• Weakened Immune System• Liver Damage (Fatty Liver, Hepatitis, Cirrhosis)• Inflammation of the Stomach and Pancreas• Heart Disease• High Blood Pressure• Anemia• Nerve Damage (Pain, Numbness)• Osteoporosis	<ul style="list-style-type: none">• Reduced Risk of Heart Disease• Increased "Good" HDL Cholesterol• Reduced Risk of Diabetes• Reduced Risk of Dementia• Reduced Risk of Stroke• Possible Stress Reduction• Better Bone Density



Pancreas



Pancreas and Insulin



How does it
affect the
liver?



What if I drink too much?

- **Confusion and sleepiness**
- **Blurry vision**
- **Headache and lightheadedness**
- **Headache**
- **Poor concentration**
- **Loss of consciousness**

What is too much alcohol?



- **For women**—1 drink or less in a day
- **For men**—2 drinks or less in a day



Other concerns of alcohol

**Setting goals is
important**



Don't Give Up!



Help is here when you're ready

**Alcoholics
Anonymous®**

877-390-6300


Al-Anon Family Groups
Help and hope for families and friends of alcoholics

888-4AL-ANON



Do you need help getting an
appointment?

Your CHW help CONNECT you

References

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