

# DID YOU KNOW?

If you start drinking at **age 14**, you have a **47%** likelihood of an alcohol problem later.  
If you wait until **age 21**, there's only a **9%** risk of developing an alcohol problem.

**ALCOHOL AFFECTS ALL OF THESE PARTS OF THE BODY.**



## BRAIN

- Shrinks the frontal lobes that control decision-making
- Impairs your balance, causing falls and injuries
- Causes blackouts! You can't remember what happened



## HEART

- Prevents normal pumping
- Interrupts regular rhythm
- Raises blood pressure
- Increases risk for stroke



## LIVER

- Stimulates fat build-up
- Causes swelling in the legs and ankles
- Causes scarring which can limit liver function, resulting in nausea, vomiting and itchy skin



## KIDNEYS

- Causes swelling
- Impairs healthy function
- Could cause severe damage, requiring strict diet and dialysis



## IMMUNE SYSTEM

- Impairs immune cells
- Disrupts defence against infection which can make it difficult for your body to fight off viruses



## PANCREAS

- Induces swelling
- Causes abnormal blood flow and stomach pain
- Increases risk of infection, nausea and vomiting



## MUSCLES

- Weakens muscles (myopathy)
- Prevents optimal function



## GUT

- Creates stomach irritation
- Causes diarrhea
- Encourages bacterial overgrowth which can cause nausea, stomach cramping and diarrhea



## INCREASED CANCER RISK

- Mouth
- Throat
- Larynx
- Esophagus
- Breast
- Liver
- Bowel



## GENITALIA

- In men: decreases testosterone levels and causes erectile dysfunction
- In men and women: decreases sex drive

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