Physiological Effects:

- Aggressive, irrational behavior
- Arguments
- Violence
- Depression
- Nervousness
- Cancer of throat and mouth
- Frequent colds
- Reduced infection resistance
- Increased pneumonia risk
- Liver damage
- Trembling hands
- Tingling fingers
- Numbness
- Painful nerves
- Ulcer
- Impaired sensation leading to falls
- Numb, tingling toes
- Painful nerves
- Alcohol dependence
- Memory loss
- Premature aging
- Drinker’s nose
- Weakness of heart muscle
- Heart failure
- Anemia
- Impaired blood clotting
- Breast cancer
- Vitamin deficiency
- Bleeding
- Severe stomach inflammation
- Vomiting
- Diarrhea
- Malnutrition
- Inflammation of the pancreas

In men:
- Impaired sexual performance

In women:
- Risk of giving birth to deformed babies or low birth weight babies.

Something to think about:

High-risk drinking frequently leads to social, legal, medical, domestic, job and financial problems. Alcohol may cut your lifespan and lead to accidental injury or death. This can happen even in the absence of physiological signs.

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