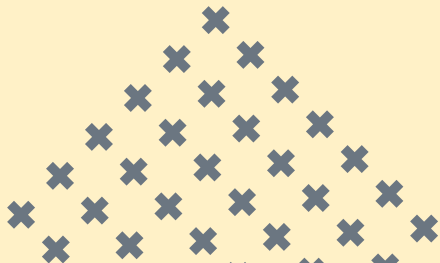




# Pathological Effect of Alcohol

Najat ALjazwi 2361  
Abdalwhd Alsety





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# Introduction

When you drink alcohol, you don't digest alcohol. It passes quickly into your bloodstream and travels to every part of your body. Alcohol affects your brain first, then your kidneys, lungs and liver. The effect on your body depends on your age, gender, weight and the type of alcohol.

Research suggests that alcohol energy is not efficiently used. Alcohol also appears to increase metabolic rate significantly, thus causing more calories to be burned rather than stored in the body as fat



# Short term effect

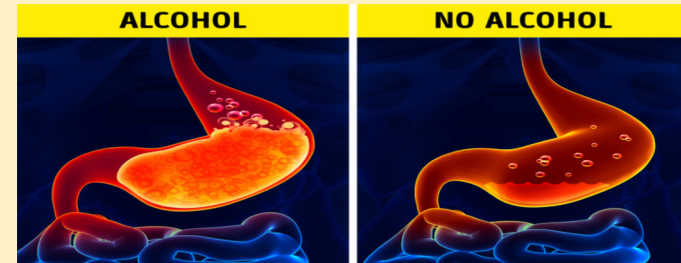


**In your Mouth:** alcoholic drink can cause chronic inflammations of the soft tissues in the mouth and can increase the negative side effects as

- **Gum, tongue and oral tissues irritated and dry, tissue healing becomes impaired.**
- **Tooth decay increases, periodontal (gum) disease.**

**In digestive system:** The side effects often only appear after there has been damage. And the more you drink, the greater the damage will become.

- **Gassiness, bloating**
- **A feeling of fullness in your abdomen**



# Conti

**In your Heart:** People who are chronic drinkers of alcohol have a higher risk of heart-related issues than people who do not drink. Circulatory system complications include:

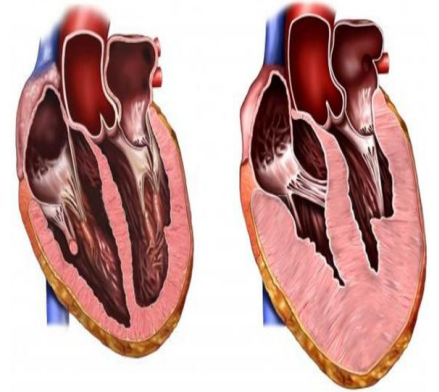
- High blood pressure
- Irregular heartbeat, stroke
- Difficulty pumping blood through the body

**In Immune system:** Drinking heavily reduces your body's natural immune system.

People who drink heavily over a long period of time are also more likely to develop **pneumonia** or **tuberculosis** than the general population, also increases your risk for several types of cancer, including **mouth**, **breast**, and **colon**.

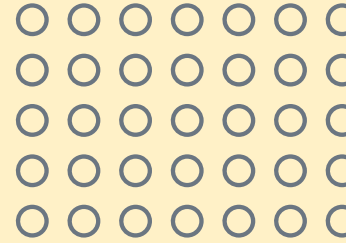


## Alcohol Effects on the Heart



Normal heart  
(cut section)

Heart muscle becomes  
too thick (hypertrophy)



# Long term effect

- Liver
- Brain



# Long term effect in Liver:

With the exception of the brain, the liver is the most complex organ in the body.

Its functions include:

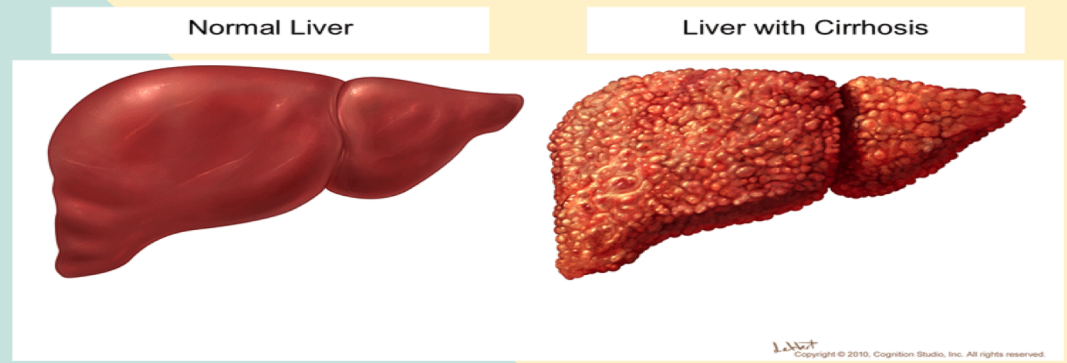
- Filtering toxins from the blood
- Aiding digestion of food
- Helping fight infection and disease

The liver is very resilient and capable of regenerating itself. Each time your liver filters alcohol, some of the liver cells die.

## Alcohol Related Liver Disease

There are 3 main stages of ARLD, although there's often an overlap between each stage.

- 1- Alcoholic fatty liver disease.
- 2- Alcoholic hepatitis.
- 3- Cirrhosis.



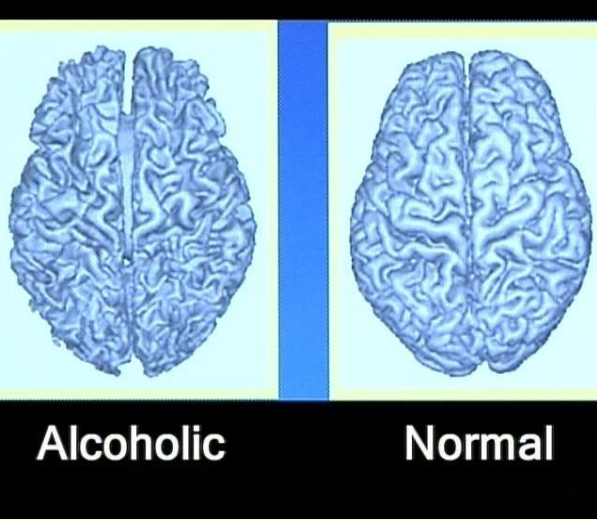


# Long term effect on Brain:

Alcohol has a profound effect on the complex structures of the brain. It blocks chemical signals between brain cells (called neurons), leading to the common immediate symptoms of intoxication, including impulsive behavior, slurred speech, poor memory, and slowed reflexes.

After alcohol leaves the system, the brain continues over activating the neurotransmitters, causing painful and potentially dangerous withdrawal symptoms that can damage brain cells.

People with alcohol dependence often experience "brain shrinkage," which is reduced volume of both gray matter (cell bodies) and white matter (cell pathways) over time, loss of brain matter increases with age and amount of alcohol consumed.





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