

Effects of Alcohol on the Female Body

Alcohol is a powerful chemical that can effect almost every part of your body including:

Behavioural Changes

Alcohol interferes with the brain's communication pathways. Affecting the way the brain works and restricting the individual's ability to make imperative decisions correctly or quickly.

Memory Loss

Alcohol can cause memory blackouts, also known as memory consolidation.

Depressant

Alcohol is a depressant and changes your mood and behaviour.

Cancer

Alcohol consumption increases the risk of mouth, esophageal and throat cancer. Breast cancer is also more common in women who drink excessively.

Slurred Speech

Slurred speech is one of the first noticeable symptoms of excessive alcohol consumption.

Liver Damage

Heavy drinking strains the liver and can prevent it from functioning correctly, meaning it is unable to remove harmful substances from your body.

Lung Infection

Alcohol abuse can cause a susceptibility to infection, bacteria and viruses, such as pneumonia and tuberculosis.

Pancreatitis

Alcohol can cause the pancreas to produce toxic substances that can eventually lead to pancreatitis.

Heart Damage

Excessive alcohol consumption can damage the heart, causing problems including: High blood pressure and Strokes.

Gut Inflammation

Heavy alcohol use causes an overgrowth of harmful bacteria and reduces the population of helpful bacteria in your gut. Leading to inflammation, and allowing toxins to enter the bloodstream.

Stomach Irritation

Alcohol irritates your digestive system, by producing more stomach acid which can cause gastritis, triggering stomach pain, vomiting, diarrhoea and, in heavy drinkers, bleeding.

Infertility

Women who consume large amounts of alcohol are more likely to have heavy or irregular periods and fertility problems.

Colon Cancer

Alcohol consumption is associated with a modestly increased risk of cancers of the colon and rectum.

