

Effects of Alcohol Consumption

Short-Term Effects

- Loss of inhibitions (i.e., acting without thinking)
- Alertness
- Concentration
- Confusion
- Impaired Judgment
- Aggressive and violent behaviour
- Balance and Coordination
- Nausea/vomiting
- Urinary incontinence (i.e., accidentally peeing due to an uncontrolled bladder)
- Injury (e.g., car accidents)
- Alcohol poisoning
- Headaches

Long-Term Effects

- Anxiety
- Depression
- Violence
- Liver damage
- Suicide
- Risk for Cancer
- Infertility (i.e., having trouble having babies in the future)
- Dependence (i.e., getting addicted)
- Death
- Brain and Nerve damage
- High Blood Pressure

