



DISEASES CAUSED BY ALCOHOL

- **Cancer:** Alcohol is a leading preventable cause of cancer, including mouth, throat, esophagus, liver, colorectal, and breast cancers.
- **Liver Disease:** Chronic alcohol consumption can lead to fatty liver, alcohol hepatitis, and cirrhosis, a major cause of liver transplants.
- **Cardiovascular Issues:** high blood pressure, arrhythmia, and stroke.
- **Digestive/Metabolic Issues:** It causes gastrointestinal inflammation, bleeding, and pancreatitis, while also affecting cholesterol levels.
- **Immune System Damage**
- **Brain Function and Mental Health:** Alcohol affects cognitive function and is linked to depression, anxiety, and damage to the nervous system.
- **Reproductive Issues:** Alcohol use can lead to reproductive dysfunction in both men and women.

Short-Term and High-Risk Behaviors

- **Injuries and Death:** Accidents, falls, drownings, and motor vehicle crashes.
- **Alcohol Poisoning:** A dangerous, sometimes fatal condition.
- **Risky Behavior:** Increased likelihood of violence and unsafe sexual behavior.

Long-Term Health Effects

- **Alcohol Use Disorder:** Alcoholism is a serious disease that can be fatal.
- **Dependence and Addiction:** A consistent need to drink, leading to long-term health crises.

Chronic Diseases: Development of cirrhosis, heart disease, and severe cognitive issues.

How Alcohol Impacts Personality and Causes Negative Social Effects

Impact on Personality and Behavior

- **Lowered Inhibitions:** Alcohol reduces the brain's ability to inhibit impulses, causing people to act in ways they normally would not, often leading to inappropriate or risky behavior.
- **Increased Aggression and Hostility:** Alcohol impairs cognitive function, making it harder to process information and manage conflict, which can turn minor disagreements into confrontations.
- **Heightened Emotional Instability:** Alcohol can amplify existing, hidden feelings, leading to rapid mood swings, intense sadness, or unexpected anger.
- **Impulsivity and Risky Behavior:** Lowered judgment can lead to dangerous decisions, such as reckless driving or high-risk sexual behavior.
- **Reduced Self-Awareness:** Individuals may become less aware of their own behavior and the impact it has on others, appearing selfish or inconsiderate.

Negative Social and Interpersonal Effects

- **Strained Relationships:** Drunken behavior frequently leads to arguments, infidelity, and emotional abuse, causing severe tension in marriages, friendships, and family dynamics.
- **Social Isolation:** While initially acting as a social lubricant, alcohol can lead to isolation when behavior drives friends and family away, or when an individual prefers drinking alone.
- **Job Loss and Career Damage:** Alcohol-induced behavior (e.g., absenteeism, low performance, or acting out) can lead to disciplinary action or termination.

REFERENCE

National Institutes for Health: <https://pubmed.ncbi.nlm.nih.gov/3981386/>