

# How Does Alcohol Affect the Brain?

How does alcohol affect the brain? Whether consumed occasionally or consistently, alcohol definitely impacts this vital organ.

## Alcohol Increases GABA Production in the Brain

Increased GABA production can slow down bodily functions along with communication between the brain and the body.

## Drinking Increases the Release of Dopamine

Dopamine release is what makes the brain associate alcohol consumption with pleasure and happiness.

## Alcohol Abuse Depresses Behavioral Processes in the Cerebral Cortex

Alcohol impacts the cerebral cortex by inhibiting thought processes, causing individuals to participate in riskier and less logical behaviors.

## Excessive Drinking Impairs Memory

Binge drinking, in particular, can lead to memory blackouts.

## Both Short and Long-Term Drinking Negatively Impact the Cerebellum

The cerebellum is the brain's center of balance and movement, and it's profoundly impacted by alcohol. That explains the clumsiness that so many heavy drinkers experience when under the influence of alcohol.

## Resources

<https://www.forbes.com/sites/daviddisalvo/2012/10/16/what-alcohol-really-does-to-your-brain/#1d88270a664e>

<https://pubs.niaaa.nih.gov/publications/aa63/aa63.htm>