

analyzing the

LONG-TERM EFFECTS

of alcohol

Alcohol abuse and addiction isn't just a short-term problem. The long term effects of alcohol can impact you—and your loved ones—for years to come.

1

DEAD BRAIN CELLS

Chronic heavy drinking can do more than just impair cognitive function. It can also kill brain cells and permanently reduce mental acuity.

2

PANCREATITIS

Drinking too much alcohol on a regular basis can cause inflammation in the pancreas.

3

CIRRHOSIS OF THE LIVER

The liver takes the brunt of alcohol's impact on the body. That's why many heavy drinkers suffer liver damage. Cirrhosis is a common health condition that can cause tremendous problems for patients.

4

WEAKENED IMMUNE SYSTEM

Drinking alcohol temporarily impacts the immune system, which makes it easier for individuals to get sick.

5

ALCOHOL ADDICTION

Drinking alcohol consistently can cause individuals to develop an addiction. Alcoholism is a disease, and overcoming it will be a challenge.

After outlining the long term effects of alcohol, it's clear that those who struggle with alcohol abuse should seek help immediately before it's too late.