IMMEDIATE AND LONG-TERM

Effects of Alcohol

**MUSCLES**
- Fatigue
- Cramping
- Soreness
- Weakness

**HEART**
- High Blood Pressure
- Decreased Endurance
- Decreased Energy

**STOMACH & COLON**
- Diarrhea
- Upset Stomach
- Vomiting
- Weight Gain
- Ulcers
- Altered Nutrient Absorption

**FEET**
- Decreased Coordination
- Balance and Agility

**BRAIN**
- Memory
- Concentration
- Impaired Judgment
- Speech
- Vision
- Sleep
- Mood
- Confusion

**LIVER**
- Inflammation of the Liver
- Liver Damage

**BLADDER & KIDNEYS**
- Dehydration
- Electrolyte Imbalance
- Increased Urine Volume

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Youth Gaining Opportunities, Recognition, Skills
Grand Forks Substance Abuse Prevention Coalition

Be a part of the solution!
Grand Forks Youth Commission

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