

## How too much alcohol affects the body



### Brain

Too much alcohol can make people upset, anxious or angry.

### Skin

Too much alcohol makes the skin hot and sweaty and can make people red-faced.



### Head

Too much alcohol can lead to a headache/hangover, so it's important to drink plenty of water/ soft drinks. It can affect people's memory too.

### Eyes

Too much alcohol gives you bloodshot eyes and you can't see properly - that's why people have more accidents after drinking.



### Heart

Too much alcohol makes the heart beat faster and can cause panic attacks.

### Tummy and gut

Too much alcohol and drinking on an empty tummy can cause sickness. Some people may even pass out and risk choking on their own vomit.



### Liver

Alcohol is broken down in the liver, but it can only cope with 1 drink an hour. Drinking heavily for a long time increases the risk of liver disease.

### Private parts

People take risks when they've drunk too much - with someone they don't know or have unprotected sex. They might worry if they can't remember what they have done after drinking.

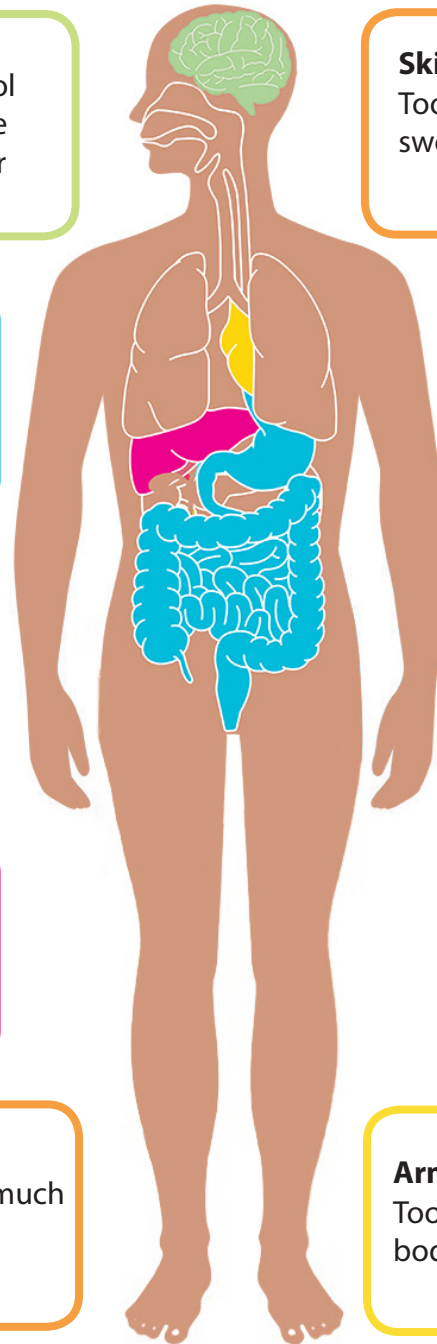


### Waist

Alcohol is calorific. Too much can lead to weight gain.

### Armpits

Too much alcohol can make the body sweat.



For more information, please visit [talkaboutalcohol.com/interactive-body/](http://talkaboutalcohol.com/interactive-body/)