

Alcohol and the effects it has on your Brain

admin · Thursday, January 18th, 2007



Alcohol affects the brain centres, but the more alcohol you have the more parts in your brain are effected.

Alcohol affects the brain in a set order, starting with:

Cerebral Cortex

The Limbic System

Cerebellum

Hypothalamus

Medulla

1 - Cerebral Cortex

This is the largest piece of your brain. This is where all the processing is done, it also controls most of the muscle movements. Alcohol affects these parts in the following ways:

Your pain is numbed if you hurt yourself

Your senses are affected

- taste, touch, vision, hearing and smell

Your **thought process is slowed down** and your

movement becomes slower

Makes a person more louder and talkative.

The more alcohol you drink the increase in your blood level increases.

2 - Limbic System

This part of your brain is where it controls your outer memory and emotions. When Alcohol enters this part of your brain it affects your emotions and you suffer memory loss.

3 - Cerebellum

This is where the muscle movement is co-ordinated. Affected by Alcohol and your movements become uncontrollable, simple things like touching your nose and standing on one leg become very hard to achieve. Cerebellum controls everyone's balance, that's why you're always seeing drunken people falling over.

4 - Hypothalamus and Pituitary Gland

There are two very noticeable side effects Alcohol has on this part of

your brain. This part of your brain controls the chemicals and endocrine functions like sex hormone secretion, growth and thyroid.

- Your sexual functions are easily affected, like **your sexual performance decreases** and your arousal increases.
- Increased urine excretion.

5 - Medulla

This is the most important part of your brain, this controls your bodily functions, such as heart rate, breathing, temperature and consciousness. Too much Alcohol affects all these parts, this is because your BAC (Blood Level Content) keeps increasing.

Want to find more information on how to stop drinking then visit <http://www.stopdrinkingadvice.org/guide/>

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One response to "Alcohol and the effects it has on your Brain"

1.) Bronson says:

February 8th, 2007 at 2:49 pm

omg, this is terrible i had no idea that alcohol was this effective on the brain. more stuff like this needs to be taught in school

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