

## Long term affects of alchol

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Long term alcohol abuse does a number of things to your body, including:

- Increased activity in the liver causes cell death and hardening of the tissue.
- Brain cells die, thereby **reducing the total brain mass**.
- **Stomach and intestinal ulcers** can form because the constant alcohol use irritates and degrades the linings.
- **Blood pressure increases** as the heart compensates for the initially reduced blood pressure caused by alcohol.
- Male sex-cell (sperm) production decreases
- Poor nutrition decreases levels of iron and vitamin B, leading to **anemia**.
- Because alcoholics lose balance and fall more often, they suffer more often from **bruises and broken bones**; this is especially true as they get older.

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