

Effects of Alcohol

1.	Slurred speech	8.	Drowsiness
2.	Vomiting	9.	Diarrhea
3.	Upset stomach	10.	Headaches
4.	Breathing difficulties	11.	Distorted vision and hearing
5.	Impaired judgment	12.	Decreased perception and coordination
6.	Unconsciousness	13.	Anemia (loss of red blood cells)
7.	Coma	14.	Blackouts

Long-term Effects of Alcoholism



Consequences of Alcoholism

Personal

- Malnutrition
- Convulsion
- Impotence
- Mood swings
- Insomnia/ sleeplessness
- Depression
- Heart and liver failure
- Hospitalization
- Suicidal attempts
- Death.

Family



- Family relationships
- Financial difficulties
- Stigmatized as an alcoholic parents' child
- Children with physical defects or emotional challenges
- Decreased social life
- Divorce

Work



- Absenteeism
- Poor performance
- Loss of job
- Frequent job changes
- Periods of unemployment
- Frequent auto accidents
- Assault charges
- Disorderly conduct
- Public drunkenness citations



How to Get Rid of Alcohol

Get rid of temptations

Announce your goal

Set a drinking goal

Keep a "diary" of your drinking

Be upfront about your new limits

Avoid bad influences

Learn from the past

Avoid drinking games

Drink slowly

Take a break from alcohol

Think Positive

Spend quality time with family

Talk to a or doctor

Keep track of your drinks

Set a limit and be assertive

Change your friend (if drinker)