

Three wine glasses are arranged horizontally. The leftmost glass contains a dark red liquid, the middle glass contains a light red liquid, and the rightmost glass contains a pale yellow liquid. The glasses are set against a light, neutral background.

# 39. Alcohol affects well-being

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# Adverse effects of alcohol consumption

Wellbeing	One time excessive use	Frequent excessive use
<b>Physical</b>	<ul style="list-style-type: none"> <li>• Clumsiness</li> <li>• Slurred speech</li> <li>• Nausea</li> <li>• Vertigo</li> <li>• Accidents</li> <li>• Alcohol poisoning</li> <li>• Brain damage</li> <li>• Risk of becoming abused</li> </ul>	<ul style="list-style-type: none"> <li>• Decline of immune system</li> <li>• Accidents</li> <li>• Liver damage</li> <li>• Cardiovascular diseases</li> <li>• Pancreatitis</li> <li>• Cancers</li> <li>• Addiction</li> <li>• Skin diseases</li> </ul>
<b>Mental</b>	<ul style="list-style-type: none"> <li>• Memory disorders</li> <li>• Difficulties in memorizing</li> <li>• Problems in paying attention</li> <li>• Aggressiveness</li> <li>• Shame</li> </ul>	<ul style="list-style-type: none"> <li>• Insomnia</li> <li>• Anxiety disorders</li> <li>• Depression</li> <li>• Declining working ability</li> <li>• Changes in personality traits</li> <li>• Addiction</li> <li>• Dementia</li> <li>• Low self-esteem</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>• Disputes with friends and close ones</li> <li>• Loneliness</li> </ul>	<ul style="list-style-type: none"> <li>• Conflicts with friend and close ones</li> <li>• Broken friendships</li> <li>• Loneliness, social exclusion and apathy</li> <li>• Addiction</li> </ul>

# Homework

- What is Poly drug use?
- What is the most common substance that is combined with alcohol?