

SEARCH the risks of ALCOHOL

What is the effect of alcohol?

One or two glasses make you alert, relaxed, happy. Your heartbeat and breathing speed go up. Drinking more makes you more careless. You will estimate a situation more difficult, you react more slowly, the coordination of muscles doesn't go well. More alcohol causes uncontrolled movements. Looking, walking and talking go difficultly. Some people feel down. Alcohol works faster for women, because they have on the average less liquid in their body. The alcohol reaches faster a higher promillage. Just like with young people.

What are the risks?

Your liver has a lot of extra work with alcohol and drinking a lot can damage it definitively. Also your brains and nervesystem are at risk by drinking a lot of alcohol. It can happen that you don't remember things that have just happened. Later on whole periods appear that you forget, you find something out to fill up these 'holes'. This decreased memory competence by drinking too much can get worse until the serious Korsakov-syndrome and early demention. There is a clear connection between alcohol and cancer of mouth and throat.

In Belgium people often drink in cafés, in nightlife, during dinner. A family with a different background often has other drinking habits. In



education

some cultures you don't drink often, but indeed a lot in one time. At a party you drink in that case as much as someone else during a whole week. This causes other risks: you are drunk, get a hangover, your body has to process and remove a sudden high dose of alcohol. For the young people at home that see and copy your habits it is extra difficult to combine this little piece of family culture with the Belgian culture.

5 alcoholtips

1. Drink maximally 15 to 20 glasses per week (dose for an average weight man)
2. Drink at least 2 days no alcohol at all
3. Drink only alcohol for your pleasure and not to 'drink something away'
4. Drink only in leisure time and not during work or school
5. Don't drink if you are or want to become pregnant

