# 1 Draft landing page

# Resources and support

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## Alcohol and your body

Reducing the amount of alcohol you drink reduces your risk of serious disease.

Alcohol negatively affects your body in several ways. Immediate effects on your brain include slowed mental and physical reactions, reduced ability to think and reason, and impaired memory. Longer-term, too much alcohol can increase your risk of dementia and lead to alcohol-related brain damage.

With your stomach, alcohol can cause inflammation and lead to uncomfortable reflux. Regular higher-level drinking also increases your risk of stomach and bowel cancer.

Your liver processes the alcohol you consume – and over time this causes the health of your liver to suffer. Too much alcohol can lead to fatty liver, cirrhosis, liver inflammation (hepatitis), and liver cancer.

Kidney function plays a critical role in our overall health. Alcohol puts stress on your kidneys and causes them to need to work harder. It can affect their ability to regulate fluid and electrolytes in the body, making them less able to filter your blood.

Alcohol use also affects your heart and increases your risk of cardiovascular disease. Longer-term, alcohol can cause abnormalities in heart rhythm, increase your blood pressure, weaken your heart muscle, and lead to heart attack and stroke.

Alcohol is also a cancer-causing substance. Every drink increases your risk of developing cancer in the mouth, throat, breast, liver, and bowel.

#### Hover over each state/territory



## Need advice or support?

To find a local GP, you can call 1800 022 222 or visit [healthdirect.gov.au](http://healthdirect.gov.au). To find a local psychologist, visit [psychology.org.au/find-a-psychologist](http://psychology.org.au/find-a-psychologist). If you need other support to reduce your drinking, you can contact the National Alcohol and Other Drug Hotline on 1800 250 015.

## Join our community

Will you join the community taking action on alcohol?