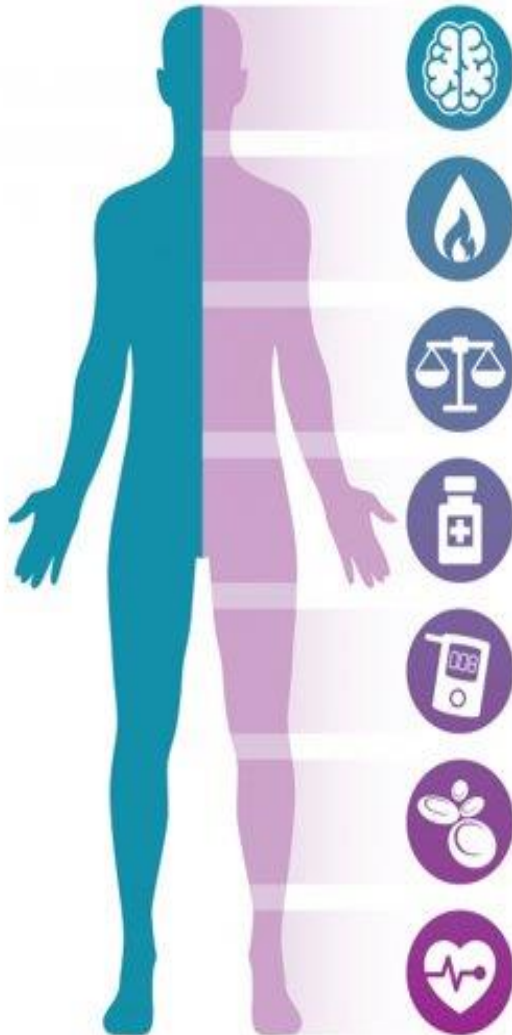


# Effects of Alcohol



**BRAIN** Alcohol produces a more rapid depressant effect on the brain, and as individuals age, they are particularly sensitive to the toxic effects of alcohol on the brain.

**METABOLISM** When we get older our ability to break down alcohol decreases.

**BALANCE** As people age they are more susceptible to lose their balance after acute alcohol ingestion making us susceptible to falls. We are also more likely to experience a fracture if we fall.

**MEDICATION** As people age they often take medication. These can interact negatively with alcohol.

**BODY COMPOSITION** Muscle is replaced by body fat as individuals get older. Alcohol is not drawn into body fat as well as it draws into muscle, therefore, blood alcohol concentration remains higher in older adults.

**CANCER** Seven types of cancer are linked to alcohol use including breast and bowel cancer, both of which are more common in older men and women.

**OTHER DISEASES** Drinking too much alcohol can cause heart problems such as abnormal heart rhythms, high blood pressure, damage to the heart muscle and other diseases such as stroke.