## Figure 1 Effects of High-Risk Drinking Alcohol dependence. Aggressive, irrational behaviour. Memory loss. Arguments. Violence. Depression. Nervousness. Premature aging. Drinker's nose. Cancer of throat and mouth. Weakness of heart muscle. Frequent colds. Reduced Heart failure. Anemia. resistance to infection. Impaired blood clotting. Increased risk of pneumonia. Breast cancer. Liver damage. Vitamin deficiency. Bleeding. Severe inflammation of the stomach. Vomiting. Diarrhea. Malnutrition. Trembling hands. Tingling fingers. Numbness. Painful nerves Inflammation of the pancreas. Ulcer. Impaired sensation In men: leading to falls. Impaired sexual performance. In women: Risk of giving birth to deformed, retarded babies or low birth weight babies. Numb, tingling toes. Painful nerves.

High-risk drinking may lead to social, legal, medical, domestic, job and financial problems. It may also cut your lifespan and lead to accidents and death from drunken driving.