



# Alcohol: the whole truth



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## Drug Cards – Handout

### Short Term Effects

- **Loss of inhibitions**
- **↓ Alertness**
- **↓ Concentration**
- **Confusion**
- **Impaired Judgment**
- **Aggressive and violent behaviour**
- **↓ Balance and Coordination**
- **Nausea/vomiting**
- **Urinary incontinence**
- **Injury (ex. car crashes)**
- **Alcohol poisoning**
- **Headache**

### Long Term Effects

- **Anxiety**
- **Depression**
- **Violence**
- **Liver damage**
- **Suicide**
- **↑ Risk for Cancer**
- **Infertility**
- **Dependence**
- **Death**
- **Brain and Nerve damage**
- **High Blood Pressure**