

ALCOHOL AND THE BODY

Experts are still debating the exact impact alcohol has on unborn babies, however, the Chief Medical Officers' for the UK recommend that pregnant women or women planning to become pregnant, shouldn't drink any alcohol at all to keep risks to a minimum.

Alcohol affects nearly every part of the body, damaging some of our most important organs.



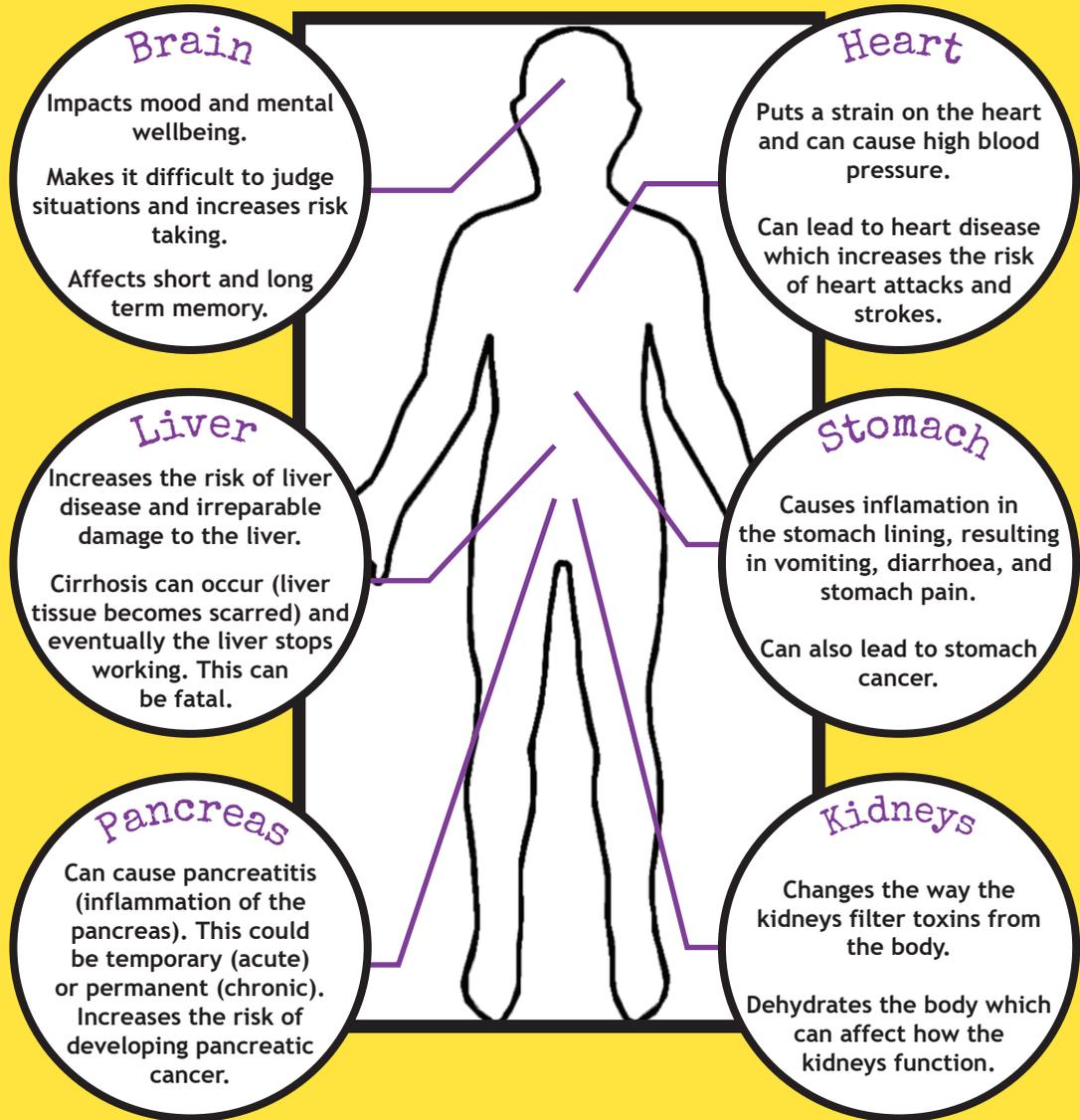
When a pregnant woman drinks, the alcohol passes from the blood through the placenta and into the baby. A baby's liver is one of the last organs to develop, and is unable to process alcohol like an adult can.

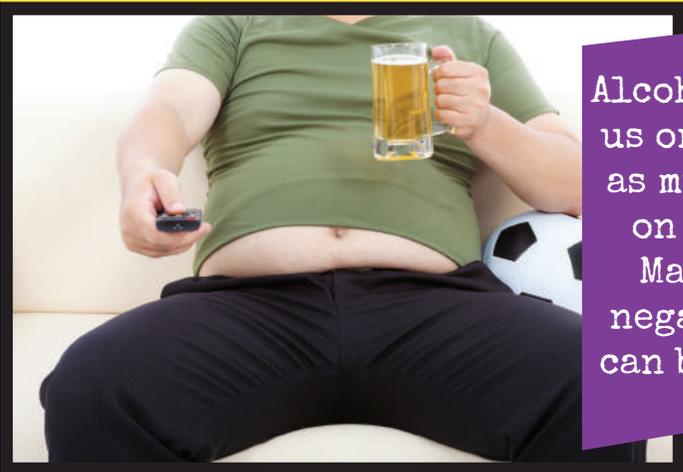
There is a particular danger to babies in the first three months of pregnancy; drinking alcohol could cause a miscarriage or premature birth. After the first three months, alcohol can affect the baby after it's born.

The more a pregnant woman drinks, the greater the risk to the baby. Drinking heavily could cause a condition called **Foetal Alcohol Spectrum Disorder (FASD)**.

Children born with FASD may have a range of different challenges, such as vision impairment, heart defects, behavioural issues, and memory problems.

FASD is completely avoidable by staying alcohol-free during pregnancy.





Alcohol can affect us on the outside as much as it can on the inside. Many of these negative effects can be permanent!

The skin

Skin is the largest organ in our body, but alcohol causes it to become dehydrated. This can lead to wrinkles and cellulite, and cause the skin to lose some of its natural elasticity.

Facial redness

Alcohol widens the blood vessels in the face, causing redness and puffiness. This redness can turn into broken capillaries which could burst, leaving spidery veins especially around the nose.

Hair and fingernails

Alcohol lacks essential vitamins and nutrients that we all need for good health. Drinking a lot of alcohol can cause fingernails to become dry and peel, and hair to be brittle and damaged.

Smells

The body processes the majority of alcohol in the liver, but some of it is released through breath and sweat. This can be particularly smelly, especially if a lot of alcohol has been drunk.

Alcoholic drinks contain a surprising amount of calories. There are seven calories in a gram of alcohol which is almost as many as in pure fat!

Alcohol is loaded with 'empty' calories which doesn't have any nutritional value. While the body is working hard to get rid of alcohol, normal processes such as burning fat are interrupted.

Jägerbomb



Approx. **120 calories**
equal to three mini sausage rolls
Single shot of Jägermeister (35% ABV, 25ml) and energy drink (125ml)

Wine



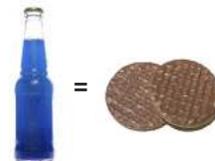
Approx. **170 calories**
equal to one large chocolate chip cookie
Large glass of red wine (12.5% ABV, 250ml)

Cider



Approx. **215 calories**
equal to one chocolate bar
Pint of cider (4.5% ABV, 568ml)

Alcopop



Approx. **170 calories**
equal to two chocolate coated biscuits
Bottle of alcopop (4% ABV, 275ml)

Vodka and Cola



Approx. **115 calories**
equal to a slice of buttered toast
Single shot of vodka (40% ABV 25ml) and cola (125ml)

Beer



Approx. **140 calories**
equal to seven wine gums
Bottle of beer (5% ABV, 330ml)

Alcohol and weight gain