

Alcohol and your body

Brain: dementia, alcohol-related brain damage, depression, anxiety.

Mouth and throat: cancer of the mouth, upper throat, larynx and oesophagus.

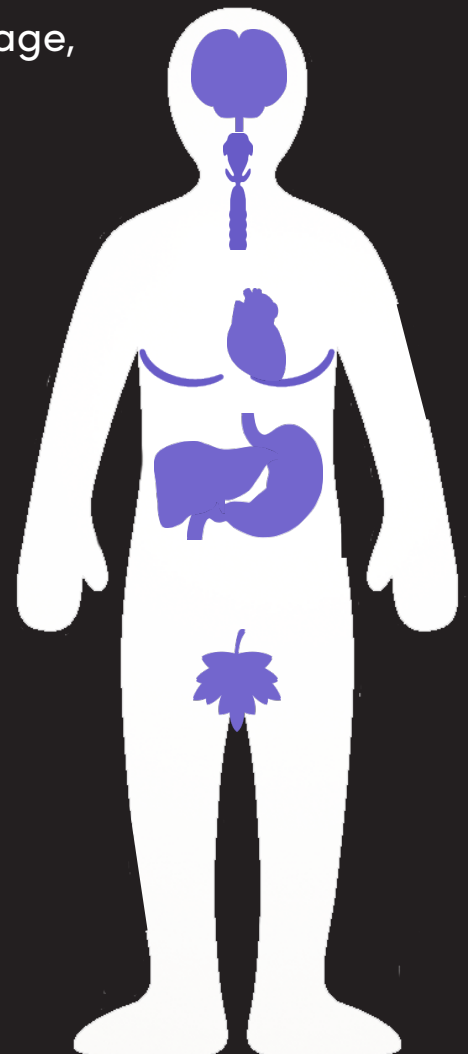
Heart: hypertension and risk of stroke.

Breasts: breast cancer in women.

Liver: fatty liver, hepatitis, cirrhosis, and liver cancer.

Digestive system: gastritis, stomach ulcers and cancer of the stomach and bowel.

Reproductive system: temporary impotence and reduced fertility.



**Keep your risks low by drinking no more than
14 units a week. Find out more about alcohol.**