



10 Health Risks of Alcohol Use

Video Transcript

This is Alcohol Mastery, my name's Kevin O'Hara, and today I'm gonna be talking about 10 health risk to alcohol use.

This is just a selection from the post 100 health risks of alcohol use, which you can find over on the website - alcoholmastery.com

Is alcohol good or bad for you?

There's a huge question mark hanging over whether any amount of alcohol is good for you.

But there's a lot of evidence and statistics which point to the fact that heavy drinking is bad for you.

The first one is heart attack.



Now, your penis is not the only organ in your body that alcohol can make droop.

The other one is your heart.

It not only makes it droop, it goes out of shape, it makes it weak, and it makes it unable to pump blood around your body effectively, and oxygen and nutrients.

So, your organs are not getting the nutrients that they need, so they gradually start to decay.

Number two is cirrhosis of the liver.

This is the final stage of liver disease caused by alcoholism before your liver packs up and stops working altogether.

Once that happens, anything you eat, consume, anything that gets into your body can't be filtered in any way.

It goes straight into your bloodstream, will poison you very quickly, and you'll die without a transplant.

Number three is coma.

Anybody who drinks too much alcohol risks alcohol poisoning, falling unconscious, and falling into a coma.

And once you're in a coma, you can actually die.

Number four on the list is anemia.

Alcoholics get anemia through malnutrition.



Anemia is where your body doesn't have enough red blood cells, and red blood cells are what deliver oxygen around your body to the rest of your organs.

Some of the symptoms of anemia include tiredness, dizziness, shortness of breath, pale skin... the red blood cells are what give you the pinkness of your skin...

If you don't get this one treated it can be life threatening.

Number five is diabetes.

Diabetes is caused when your pancreas is not producing enough insulin.

Heavy drinking can cause diabetes in one of three different ways.

The first one is a reduced sensitivity to insulin.

The second one is through a disease called pancreatitis.

And the third one is just there are so many calories in alcohol, and if you're a heavy drinker, you put on weight, you become over-weight, you become obese, and everyone knows that obese people are prone to diabetes.

Number six is gout.

Gout is a form of arthritis which is particularly prevalent in men.

Alcohol contributes to a build-up of uric acid in the body which is one of the principle causes of gout.



Number seven is high blood pressure.

A blood pressure monitor measures the flow of blood going through your veins, the pressure of the blood against the outer walls of your veins and arteries.

It measures the beating heart and it measures the resting heart, so you've got two, one over the other, so it's like beat and rest, beat and rest, and it measures the pressure at both of those levels.

High blood pressure can cause a heart attack, or heart failure, it can cause a stroke, or it can cause kidney failure.

Drinking alcohol causes high blood pressure, it causes the pressure of your blood to go up.

If you're a long-term drinker this is going to lead to chronic high blood pressure, so your blood pressure remains high all the time.

Number eight on the list of health risks for alcohol use is kidney disease.

The problem with kidney disease is that you don't know about it until it's got to a fairly advanced stage.

In the early stages, there's no real warning sign that you've got any problems with your kidneys at all.

In the UK, the National Health Service say that lung cancer, colon cancer, skin cancer, and breast cancer combined, the cost of those is less than what they have to pay out for kidney disease every single year.



Number nine is Korsakoff's psychosis.

Now this is a disease of the brain.

It's caused by malnutrition, and specifically a deficiency of the vitamin b1.

It causes several different symptoms including huge memory loss, memory invention, the inability to have meaningful conversations, and a lack of insight.

Number ten, and finally on the list is erectile dysfunction.

This one is not just about having brewers droop and not being able to get it up in the first place, it's also about not being able to maintain an erection.

Every alcoholic knows what that feels like.

I think every drinker knows what that feels like, although most of them won't tell you.

Thanks for watching.

Go over to the website if you want to see the 100 health risks of alcohol use post that we've just put up.

I'd love to hear your thoughts on this topic or any other topic related to alcohol.

And I'd also love to hear your experiences with alcohol use.

You can go over to the website and use the comment box at the bottom of the post or the contact us at the top.



If I can give you any help at all, let me know, and I'll try my best.

Thanks for watching again, my name's Kevin O'Hara, this is
alcoholmastery.com

Onwards and Upwards!

