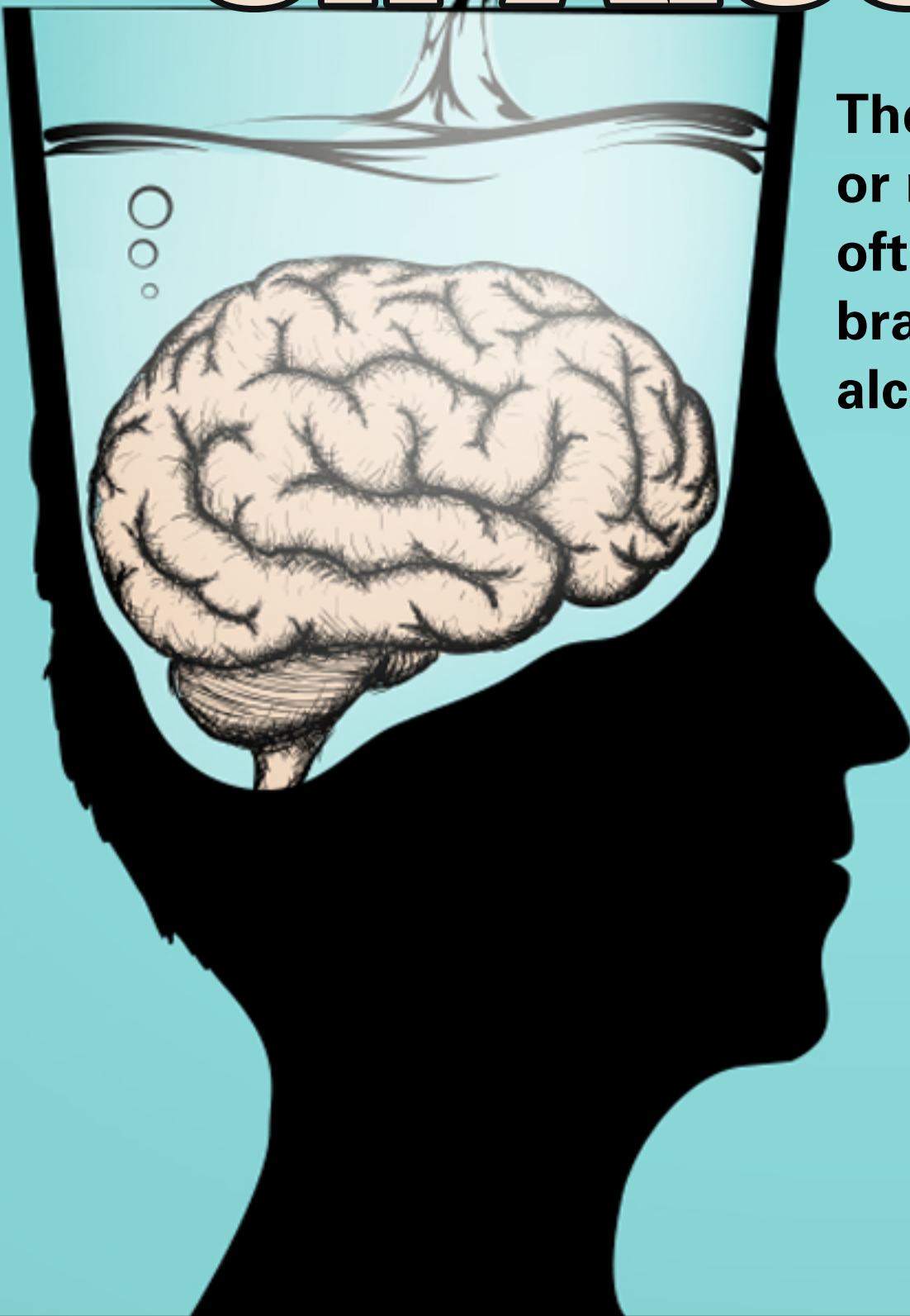


HEALTH TIP



SPORTS NEUROLOGY
& PAIN MEDICINE
LOS ANGELES • CALIFORNIA

Your Brain on Alcohol



The health risks of alcohol overconsumption or misuse as related to the heart and liver are often widely discussed, but what about the brain? Some important facts to consider about alcohol and brain health:

- Even moderate amounts of alcohol can interfere with the proper workings of the brain and its communication pathways.
- Alcohol overloads the balance, memory, speech, and judgment areas of the brain, making it hard for them to work correctly.
- Heavy drinking, in the long term, causes brain neurons to shrink and increases the risk of Alzheimer's disease and other dementia-related disorders.
- The risks and effects of alcohol misuse are greater on adolescent brains because they are still developing.
- Chronic alcohol misuse in teens can potentially result in long-term brain structure and function changes.



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