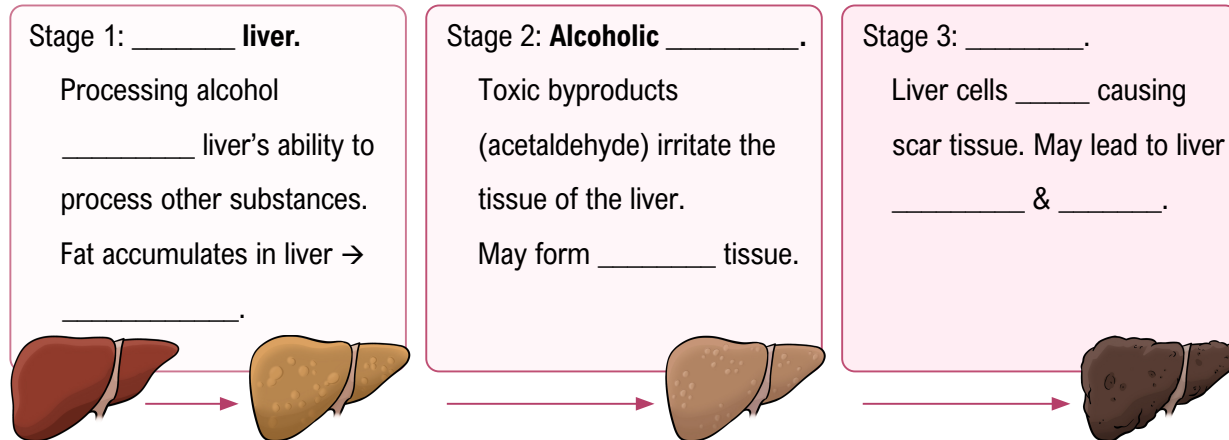
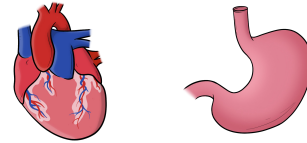


TOPIC: LONG-TERM EFFECTS OF ALCOHOL

Effects of Long-Term Excessive Drinking

- ◆ Excessive long-term use and abuse of alcohol has many negative health consequences.
 - Nutritional deficiencies → poor nutrient intake, loss through _____, & fat malabsorption.
 - Heart damage → weakened tissue & disrupted _____.
 - Inflammation of the esophagus and _____ → _____.
 - **Alcoholic Liver Disease:** _____ liver disease: 3 stages.



EXAMPLE

Listed below are the stages of alcoholic liver disease. Put the stages in order and put a star next to the stages that are partially or fully reversible.

_____ → _____ → _____

- | | |
|----|----------------------|
| a. | Alcoholic Hepatitis. |
| b. | Cirrhosis. |
| c. | Fatty Liver. |

PRACTICE

True or False: if false, choose the answer that best corrects the statement.

Alcoholic hepatitis is characterized by scarring of the liver, for which there is no cure.

- a) True.
- b) False, alcoholic hepatitis is characterized by scarring of the liver, but can be reversed if alcohol use is ceased.
- c) False, alcoholic hepatitis is characterized by inflammation of the liver, for which there is no cure.
- d) False, cirrhosis is characterized by scarring of the liver, for which there is no cure.

TOPIC: LONG-TERM EFFECTS OF ALCOHOL

Pregnancy & Fetal Alcohol Syndrome

- ◆ Pregnancy has _____ risks → DGA: _____ safe amount during pregnancy.
 - Alcohol is a *teratogen*: substance known to _____ the developing fetus.
 - Alcohol is passed from the mother to the fetus; fetus cannot effectively _____ it.

◆ **Fetal Alcohol Spectrum Disorder:** _____ of conditions that result from exposure to alcohol during pregnancy; _____.

- Neurological disorders (attention, coordination, intellectual disabilities).
- Facial & _____ abnormalities.
- Growth restrictions.

- Affects between 1% & ____% of school aged kids in the US (CDC).



Small head size.

Small eye openings.

Thin & underdeveloped upper lip.

- ◆ Alcohol use _____ in pregnancy → greatest negative effect, but alcohol at any time can harm the fetus.

Center for Disease Control. Data and Statistics of FASDs. May 2024. Available at:

<https://www.cdc.gov/fasd/data/index.html>

PRACTICE

Four statements about Fetal Alcohol Spectrum Disorder (FASD) are given below. Identify which statement is true.

- a) FASD can cause a range of intellectual difficulties, including mild to severe learning disabilities.
- b) FASD affects about 10% of school-aged children in the US.
- c) Diagnosis of FASD requires the presence of physical abnormalities.
- d) With early intervention, the harm from FASD can be reversed in developing infants.

PRACTICE

True or False: if false, choose the answer that best corrects the statement.

Alcohol consumed early in pregnancy, even before the mother knows she is pregnant, can lead to Fetal Alcohol Spectrum Disorder.

- a) True.
- b) False, alcohol consumed late in pregnancy has the greatest chance of leading to Fetal Alcohol Spectrum Disorder.
- c) False, alcohol consumed early in pregnancy can lead to Fetal Alcohol Spectrum Disorder, but typically not until after the first month of pregnancy, when major organs are being formed.
- d) False, alcohol consumed before the end of the first trimester is unlikely to lead to Fetal Alcohol Spectrum Disorder.