

ALCOHOL



ALCOHOL IS A TYPE OF DRUG THAT AFFECTS THE BRAIN AND BODY

TYPES OF ALCOHOL

Beer ~ 5% Alcohol
Wine ~ 12% Alcohol
Liquor ~ 40-50% Alcohol

AFFECTS ON THE BODY

Alcohol disrupts the brain's communication pathways, leading to mood and behavior changes, difficulty thinking clearly, and loss of balance.

AFFECTS ON THE DEVELOPING BRAINS

Brain Development: Alcohol can interfere with brain development and learning.

Memory and Learning: Impaired ability to learn new information and recall.

Risk of Addiction: Higher likelihood of developing alcohol dependence later in life.

ALCOHOL AND HEALTH RISKS

Short-Term Risks:

- **Accidents:** Increased risk of accidents and injuries due to impaired coordination.
- **Violence:** Higher chance of involvement in violence or risky behavior.

Long-Term Risks:

- **Chronic Diseases:** Liver disease, cardiovascular problems, cancer.
- **Mental Health:** Increased risk of depression and anxiety.

HEALTHY WAYS TO RELEASE DOPAMINE

Since alcohol can affect your brain's natural balance, here are healthier ways to boost dopamine and support your wellbeing. Get 20 to 30 minutes of physical activity

- Spend time in natural sunlight
- Listen to music you enjoy
- Connect with friends or loved ones
- Practice a creative hobby (drawing, writing, crafting)

CHRONIC DRINKING CAN LEAD TO LIVER DISEASE, HEART PROBLEMS, AND ADDICTION

This publication was supported in whole or in part by the Nevada State Department of Health and Human Services from Substance Abuse Prevention, Treatment, and Recovery Services SAPP Grant.

National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2023). <https://www.niaaa.nih.gov/alcohols-effects-health/what-standard-drink>
National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2024). <https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>
National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2022). <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>
Centers for Disease Control and Prevention (CDC). (2024). <https://www.cdc.gov/alcohol/underage-drinking/index.html>
National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2023). <https://www.cdc.gov/alcohol/underage-drinking/index.html>
AddictionResource. Effects of Alcohol: What Does Alcohol Do to Your Body? (2024). <https://addictionresource.com/alcohol/effects/>

Last Reviewed: November 2025

ALCOHOL



EL ALCOHOL ES UN TIPO DE DROGA QUE AFECTA EL CEREBRO Y EL CUERPO

TIPOS DE ALCOHOL

Cerveza ~ 5% de alcohol
Vino ~ 12% de alcohol
Licores ~ 40-50% de alcohol

EFFECTOS EN EL CUERPO

El alcohol interrumpe las vías de comunicación del cerebro, lo que provoca cambios en el estado de ánimo y el comportamiento, dificultad para pensar con claridad y pérdida de equilibrio.

EFFECTOS EN LOS CEREBROS EN DESARROLLO

Desarrollo del cerebro: El alcohol puede interferir con el desarrollo cerebral y el aprendizaje.

Memoria y aprendizaje: Disminuye la capacidad para aprender y recordar información nueva.

Riesgo de adicción: Mayor probabilidad de desarrollar dependencia al alcohol más adelante en la vida.

RIESGOS DEL ALCOHOL PARA LA SALUD

Riesgos a corto plazo:

- **Accidentes:** Mayor riesgo de accidentes y lesiones debido a la falta de coordinación.
- **Violencia:** Mayor probabilidad de involucrarse en violencia o conductas riesgosas.

Riesgos a largo plazo:

- **Enfermedades crónicas:** Enfermedad del hígado, problemas cardiovasculares, cáncer.
- **Salud mental:** Mayor riesgo de depresión y ansiedad.

FORMAS SALUDABLES DE LIBERAR DOPAMINA

Como el alcohol puede afectar el equilibrio natural del cerebro, aquí hay maneras más saludables de aumentar la dopamina y apoyar tu bienestar:

- Realizar 20 a 30 minutos de actividad física
- Pasar tiempo bajo la luz natural del sol
- Escuchar música que disfrutes
- Conectarte con amigos o seres queridos
- Practicar un pasatiempo creativo (dibujo, escritura, manualidades)

EL CONSUMO CRÓNICO DE ALCOHOL PUEDE PROVOCAR ENFERMEDAD HEPÁTICA, PROBLEMAS CARDÍACOS Y ADICCIÓN

This publication was supported in whole or in part by the Nevada State Department of Health and Human Services from Substance Abuse Prevention, Treatment, and Recovery Services SAPP Grant.

National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2023). <https://www.niaaa.nih.gov/alcohols-effects-health/what-standard-drink>
National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2024). <https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>
National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2022). <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>
Centers for Disease Control and Prevention (CDC). (2024). <https://www.cdc.gov/alcohol/underage-drinking/index.html>
National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2023). <https://www.cdc.gov/alcohol/underage-drinking/index.html>
AddictionResource. Effects of Alcohol: What Does Alcohol Do to Your Body? (2024). <https://addictionresource.com/alcohol/effects/>

Última revisión: Noviembre 2025