

YOUR BRAIN ON BOOZE: ALCOHOL AND THE BRAIN



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BRAIN BENEFITS OF MODERATE DRINKING

- $\frac{1}{2}$ an ounce and 1 ounce (≈ 15 -30ml) of alcohol per day keeps from chronic illness and memory loss



- ❑ regular moderate consumption of red wine may slow aging;
- ❑ resveratrol helps prevent damage of blood vessels and prevents blood clots;
- ❑ antioxidants may help prevent heart disease and protect against artery damage



A close-up photograph of a champagne bottle being poured into two glasses. The bottle is tilted, and a stream of champagne is pouring into the left glass. The bottle has a gold foil top and a blue label with a white 'K' logo. The text on the bottle reads 'CHAMPAGNE de Bligny'. The two glasses are tall and slender, filled with champagne and bubbles. The background is dark and out of focus.

SMALL QUANTITY OF CHAMPAGNE

- ▣ improve communication between brain cells;
- ▣ boost the electrical signals



**What happens in your brain when you
consume alcohol**



THE FRONTAL LOBES

- ▣ help you make decisions;
- ▣ control your urges



THE AMYGDALA

- warns of danger;
- makes feel afraid, worried and anxious

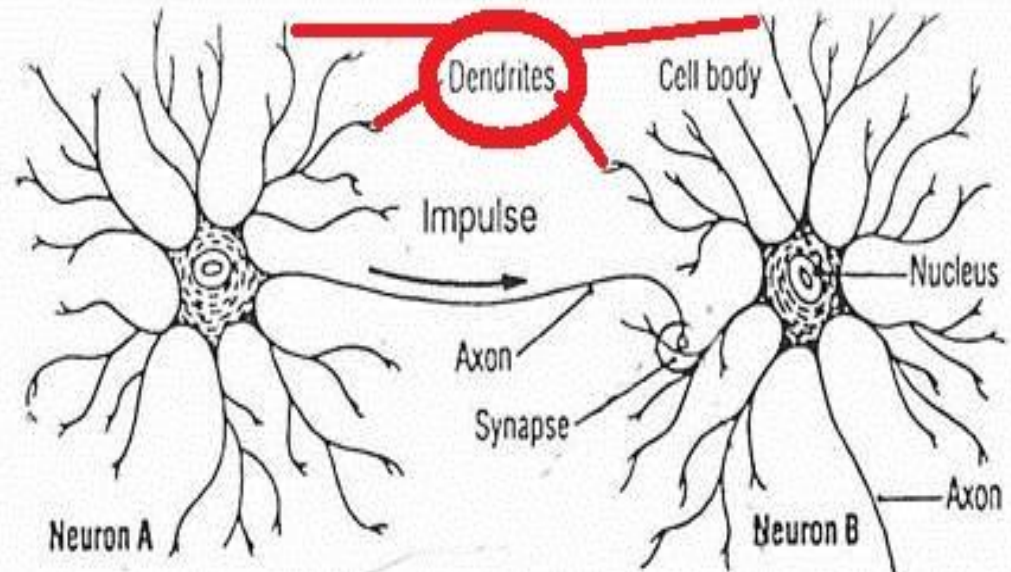


THE HIPPOCAMPUS

- make memories;
- retain memories

NEGATIVE LONG TERM EFFECTS OF DRINKING ALCOHOL

- can't kill brain cells, but can damage the dendrites (the branch-like ends of the brain cells);
- degradation of the dendrites can cause cognitive problems;
- Wernicke-Korsakoff Syndrome: problems with memory, confusion, eye paralysis, and lack of muscle coordination;
- thiamine deficiency;
- malnutrition.



**DRINK JUICES AND BE HAPPY
WITHOUT ALCOHOL**

Thank you for attention!

