Name _____

The Not-So-Sweet Side of Alcohol: How It Affects Your Health

Short Answer

1. Name one organ that can be damaged by excessive alcohol consumption.

2. How can alcohol affect your sleep patterns?

3. List one potential consequence of alcohol misuse on mental health.

4. What is the term for the cycle where your body needs more alcohol to achieve the same effects?

5. What type of cancer is associated with heavy alcohol consumption?

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