

Name \_\_\_\_\_

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

### Short Answer Key

1. The liver can be damaged by excessive alcohol consumption.
2. Alcohol can disrupt sleep patterns by causing frequent awakenings during the night.
3. One potential consequence of alcohol misuse on mental health is anxiety.
4. The term for the cycle where your body needs more alcohol to achieve the same effects is tolerance.
5. Mouth, throat, esophagus, liver, breast, and colon cancer are associated with heavy alcohol consumption.

