

# Alcohol. It's what you can't see that can cause the most damage.



*Fig 1. Stroke*  
– Ischaemic stroke  
– Haemorrhagic stroke

*Fig 2. Heart Disease*  
– High blood pressure  
– Dilated cardiomyopathy  
– Arrhythmia

*Fig 3. Liver Disease*  
– Fatty liver  
– Alcoholic hepatitis  
– Alcoholic cirrhosis  
– Cancer

*Fig 4. Colon Cancer*  
And other cancers including:  
– Oral  
– Pharynx  
– Oesophagus  
– Stomach  
– Liver  
– Breast (female)

To reduce your risk of serious long-term harm, health experts recommend having no more than two standard drinks on any day.

**alcohol**thinkagain