



Alcohol Related Physical Harm

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Low risk guidelines (no 'safe' level)



Have alcohol free days

250ml (large) glass of 12% wine=3 units

Volume in litres (0.25) x % alcohol (12)= units (3)

1 a day for a week= 21 units so over the guideline

What does that equate to?



Low-risk drinking guidelines

Men and women should not regularly drink more than 14 units per week

14 units per week

14 units is the equivalent of

- 6 pints of beer (4% alc. 200ml)
- 6 glasses of wine (12% alc. 175ml)
- 14 shots of a spirit (40% alc. 25ml)

Avoid alcohol when pregnant or trying to conceive

It's best to spread this evenly across the week rather than drinking all at once. Having several alcohol-free days each week is a good way to cut down.

Reducing harm caused by alcohol
www.alcohol-focus-scotland.org.uk

Alcohol Focus



Effects on body systems

The Long Term Health Effects Of Alcohol



Central Nervous System (brain and spinal cord)

- impaired senses
 - vision, hearing, dulled smell and taste, decreased pain perception
- altered sense of time and space
- impaired motor skills, slow reaction
- impaired judgment, confusion
- hallucinations
- fits, blackouts
- tingling and loss of sensation in hands and feet
- early onset dementia (alcohol related brain damage)
- Wernicke's Syndrome and psychosis (delirium)
- mood and personality changes
- feeling anxious or worried

Circulatory System

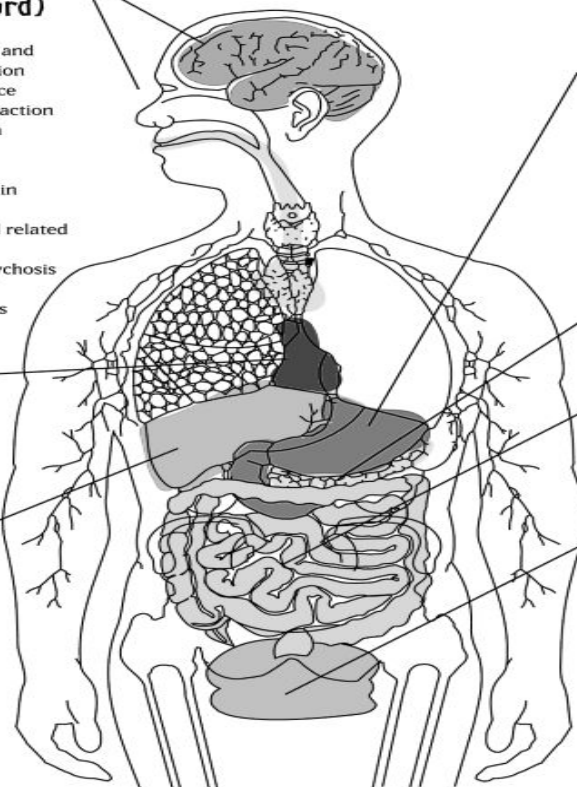
- high blood pressure
- irregular heart beat
- damage to the heart muscle
- increased risk of heart attack and stroke

Liver

- swollen, painful inflamed
- cirrhosis
- cancer
- fluid build up (oedema)
- increased risk of haemorrhage
- liver failure, coma and death

Pregnancy and Babies

- fetal alcohol syndrome/fetal alcohol effects
 - small head, possible brain damage, retarded growth and development



General Body

- weight gain
- headaches
- muscle weakness

Gastrointestinal System

- stomach lining inflamed and irritated
- ulcers of the stomach or duodenum
- inflammation or varicose veins of the oesophagus
- loss of appetite, nausea, diarrhoea and vomiting
- cancer

Pancreas

- painful, inflamed, bleeding.

Intestines

- irritation of the lining
- inflammation and ulcers
- cancer of intestines and colon

Reproductive System Male and Female

- reduced fertility
- impaired sexual performance
- impotence
- decreased sperm count and movement
- increased risk of breast cancer in females
- early onset of menopause
- irregular menstrual cycle



Acute Harm From Intoxication

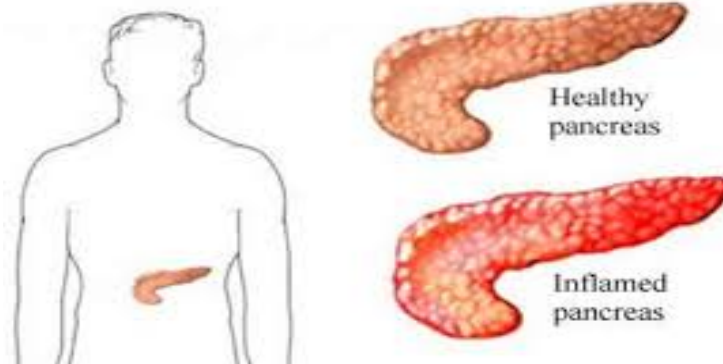


- Accidents- road accidents, falls
- Fights/assaults
- Domestic violence
- Unprotected sex / Unwanted pregnancy
- Crime-e.g. street crimes (victim and perpetrator),murder



Acute Gastrointestinal Effects

- Oesophagitis
- Mallory-Weiss tear secondary to vomiting
- Gastritis
- Acute Pancreatitis



Acute harms continued



- Cardiac arrhythmias-ventricular ectopics, atrial fibrillation
- Cerebrovascular accidents (TIA, stroke)
- Neuropraxia (nerve damage)
- Myopathy (muscle damage)
- Rhabdomyolysis (long lie)
- Hypoglycaemia



Chronic Harms



- All of the above long term e.g. chronic pancreatitis
- General health problems-including
- weight gain (increasing CV risk, Type 2 Diabetes)
malabsorption, vitamin deficiency esp B vitamins e.g. Thiamine (B1) malnutrition,
- Malnutrition from poor diet
- Peripheral neuropathy (glove and stocking)
- Osteoporosis
- Infertility/sexual dysfunction
- Gynaecomastia



Cardiovascular Problems



- Hypertension-increase by 2.7mmHg at 6 u daily and 4.6mmHg at 7 u daily
- Cardiomyopathy (heart muscle damage)-risk if >7.5u day 10 years
May be asymptomatic or present with heart failure (fluid retention, breathless,
- IHD risks increased (cholesterol, bp, weight all increased)

Alcohol related liver disease



- Risk increased for
- men
- >5u/ day (35u week)
- women >2.5u/day



Alcohol related liver disease



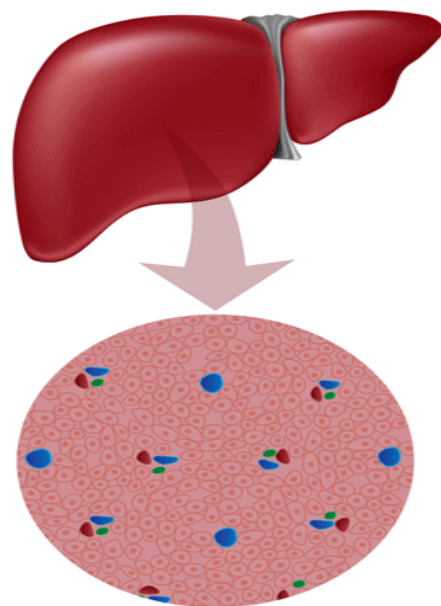
- Approx. 20% of alcohol misusers will develop cirrhosis and of these 15% will develop Hepatocellular Carcinoma
- Difficult to predict which 20%
- Women at greater risk of harm
- Liver damage may range from fully reversible fatty change, through inflammation - Hepatitis to non-reversible damage -Cirrhosis



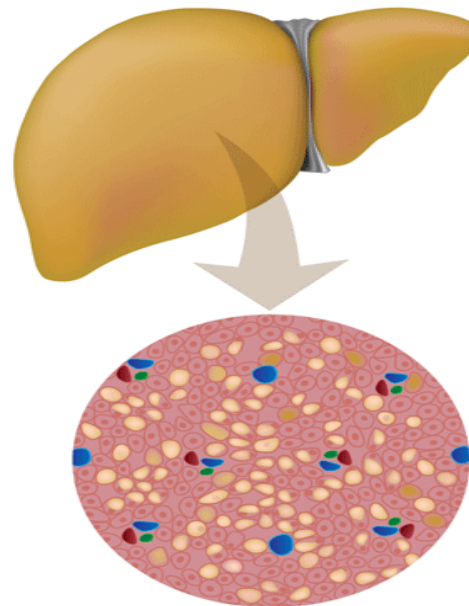
Fatty liver



Healthy liver



Fatty liver



Fatty change

- Majority of people who misuse alcohol will develop fatty liver
- Fully reversible
- When alcohol is stopped liver fully recovers

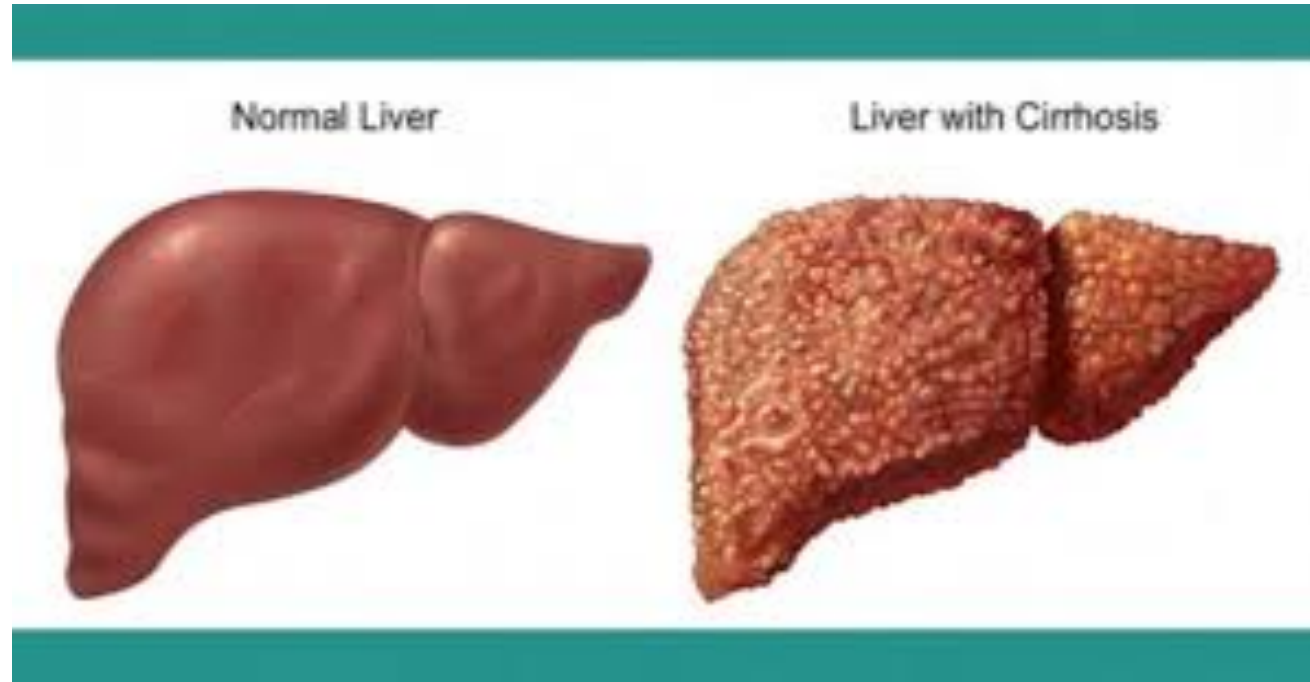
Hepatitis

20% of chronic alcohol misusers

Range of severity –may include jaundice, clotting abnormalities, etc and may progress to cirrhosis.
Death rate up to 40% if alcohol use continues



Cirrhosis



Cirrhosis



- May be asymptomatic or 'compensated'
- May present with liver failure symptoms 'decompensated'

Jaundice

Ascites

Clotting abnormalities

Oesophageal varices

Encephalopathy

Outcome depends on stopping drinking-compensated
/stops alcohol 60-80% 10 year survival

Varices and continues to drink average survival <2 years



Central Nervous System



Specific cognitive deficits and changes on CT scan demonstrable in some problem drinkers

May be reversible to an extent 'Alcohol dementia'

Wernicke-Korsakoff Syndrome

Thiamine deficiency



Wernicke Encephalopathy



- Acute onset of :
- confusion,
- eye signs (nystagmus, gaze palsies, ophthalmoplegia),
- Ataxia
- = MEDICAL EMERGENCY needs high dose vitamin B (thiamine) iv for 3 days to avoid permanent brain damage

Korsokoff's Psychosis



- Amnesia for retrograde and anterograde memory
- Clear consciousness, other functions preserved
- Confabulation may occur
- May follow Wernicke's or present a mixed picture
- Treatment is high dose Pabrinex



Cancer risk



- Risk increased for a range of tumours
 - Mouth
 - Pharynx
 - Larynx
 - Oesophagus
 - Colon
 - Rectum
 - Breast
 - Addictive effect with smoking



Alcohol and Cancer Risk



- https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/489795/summary.pdf
- Risk of cancer with regular drinking outweighs any benefit previously thought to be conferred.
- Risk begins with any regular intake
- Same for men and women overall



The end!

- Questions/discussion

