

Long-term alcohol use can affect many organs, including:

- 1) Brain
 - Associated with physical damage and psychological issues.
- 2) Pancreas
 - Leading contributor to inflammation in the pancreas, possibly resulting in pancreatitis. Damage to the pancreas increases the risk of diabetes.
- 3) Liver
 - Chronic inflammation can lead to cirrhosis (severe scarring).

In addition to cirrhosis, long-term alcohol use increases:

- the risk of heart disease, high blood pressure, and stroke.
- the risk of diabetes.
- the risk of oral and upper digestive tract cancers.
- the risk of breast cancer.