

Ethanol

Red - generally "bad"
Green - generally "good"

Large consumption

- Brain:**
- Impaired development
 - Wernicke-Korsakoff syndrome
 - * Vision changes
 - * Ataxia
 - * Impaired memory
 - Psychological
 - * Cravings
 - * Irritability
 - * Antisociality
 - * Depression
 - * Anxiety
 - * Panic
 - * Psychosis
 - * Hallucinations
 - * Delusions
 - * Sleep disorders

Mouth, trachea and esophagus:

- Cancer

Blood:

- Anemia

Heart:

- Alcoholic cardiomyopathy

Liver:

- Cirrhosis
- Hepatitis

Stomach:

- Chronic gastritis

Pancreas:

- Pancreatitis

Peripheral tissues:

- Increased risk of diabetes type 2

Small to moderate consumption

Systemic:

- Increases insulin sensitivity
- Lower risk of diabetes

Brain:

- Reduce the number of silent infarcts

Blood:

- Increases HDL
- Decreases thrombosis
- Reduces fibrinogen
- Increases fibrinolysis
- Reduces artery spasm from stress
- Increases coronary blood flow

Skeletal:

- Higher bone mineral density

Effects linked with both small and large consumption

Joints:

- Reduced risk of rheumatoid arthritis

Gallbladder:

- Reduced the risk of developing gallstones

Kidney:

- Reduced risk of developing kidney stones

