

WHAT ALCOHOL DOES TO YOUR LIVER

Alcohol is processed by the liver. Over time, excessive drinking can damage liver cells and lead to serious disease.



How Alcohol Affects the Liver

- The liver breaks down alcohol in the body
- Excess alcohol overwhelms liver cells
- Toxins produced during alcohol metabolism cause inflammation
- Repeated exposure can damage liver tissue

Early Liver Changes

- Fat can begin building up in liver cells
- Liver inflammation may develop
- Many people have no symptoms early on.
- Damage can progress silently over time

Possible Liver Conditions

- Alcohol-related fatty liver disease
- Alcohol-associated hepatitis
- Liver fibrosis and scarring
- Cirrhosis in severe or long term cases

Protecting Your Liver

- Limiting alcohol intake reduces risk
- Taking alcohol-free days helps the liver recover
- Regular health checkups can detect problems early
- Seeking help for alcohol dependence improves long term liver health



Reducing alcohol intake can significantly lower the risk of liver damage.

Educational resource. Not medical advice. Speak with a qualified healthcare professional if you have concerns.
Sources: WHO Alcohol and Health Reports, AASLD Practice Guidelines, EASL Clinical Practice Guidelines.