

CONSUMPTION OF ALCOHOL AMONG THE ADOLESCENTS AFFECTS THEIR HEALTH

If the adolescents consume alcohol:

- ⊘ They are prone to accidents and injury due to drunkenness
- ⊘ It raises the risk of sexual disorders
- ⊘ It inhibits the functions of the brain
- ⊘ They are prone to drug abuse
- ⊘ It raises the risk of other social problems such as truancy and fights
- ⊘ It will lead them to risky sexual behaviour and be exposed to sexual diseases, contract HIV and involve in random sex
- ⊘ Their drunken behaviour endanger their friends who do not consume alcohol

REMEMBER!

Everyone Has A Role To Play :

- ⊘ Everyone can work together to create a community where people can feel good about themselves without drinking.
- ⊘ Everyone in the community should deliver the message that excessive drinking is not okay.
- ⊘ Families can help prevent drinking addiction by staying involved in their families' lives.
- ⊘ Everyone can learn about the dangers of alcohol use. They can change how they and others think about drinking.

SIRI SIHAT TANPA ALKOHOL

EXCESSIVE ALCOHOL IS HARMFUL TO HEALTH



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Be Healthy For Life

ALCOHOLIC BEVERAGES

Alcoholic beverages contain alcohol (ethanol).

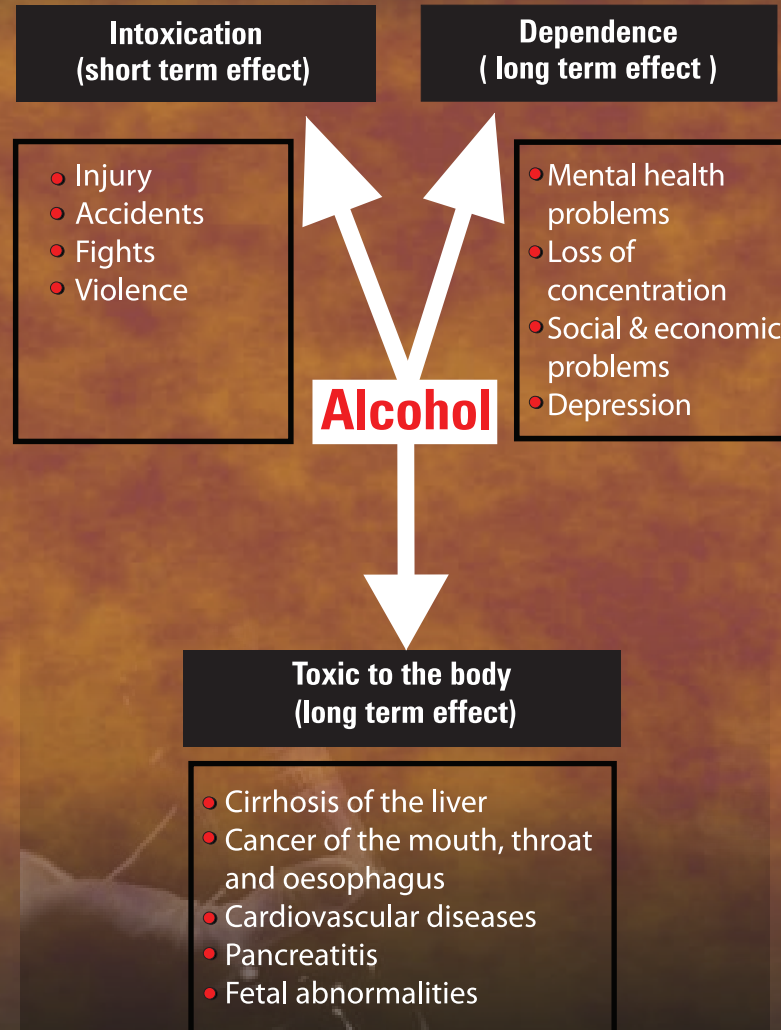
TYPES OF ALCOHOLIC DRINKS

1. Alcoholic beverages in the market
 - Liquor (vodka, whisky)
 - Beer
 - Wine (red wine, white wine)
2. Traditional preparation of alcoholic drinks
 - “tuak”
 - toddy
 - “air tapai”

DO YOU KNOW!

- Alcohol is categorized under the group of depressant drugs which suppress and affect the nervous system by delaying the function/reaction of the body
- In high concentration, alcohol can cause drowsiness, drunkenness, fainting and death
- Under the Food Act 1983, alcoholic beverages cannot be sold to those below 18 years of age.

KNOW THE EFFECTS OF ALCOHOL ON YOU



Alcohol that is consumed is absorbed in the stomach and small intestine. This absorption occurs quickly and can be detected in the blood 5 minutes after consuming the said drink.

After absorption, the alcohol spreads to the rest of the body and affects every system of the body especially the nervous system, digestive system, circulatory system, endocrine system and body muscles.

