

# Alcohol use and your health

Alcohol affects many parts of your body and can place extra stress on your kidneys. An occasional drink may be okay for some people, but drinking too much can lead to serious health problems. It's important to understand the risks so you can make healthier choices.



## Alcohol effects on your body

Alcohol can affect your blood pressure, blood sugar, and hydration levels. It can also interfere with your medications and make it harder for your kidneys to do their job.



## Alcohol and daily life

Alcohol can affect your mood, sleep, and decision-making. It may make it harder to follow your treatment plan and take your medications as prescribed. Alcohol use can also impact relationships with family, friends, and caregivers.



## Alcohol and cancer risk

Drinking alcohol can increase the risk of several types of cancer, including cancer of the mouth, throat, liver, colon, and breast. Alcohol breaks down into harmful substances in the body that can damage cells over time. The more alcohol used, the higher the risk.



## Alcohol and liver disease

Your liver helps clean toxins from your blood. Alcohol puts extra strain on your liver and can cause damage over time. Heavy or long-term alcohol use may lead to liver disease, including fatty liver, hepatitis, or cirrhosis. When the liver is damaged, it can also affect how well your kidneys are working.



## Making safer choices

Some people with kidney disease may need to limit or avoid alcohol. Others may be able to drink small amounts. It's important to talk with your provider about what is best for you. They can help support you if cutting back or stopping alcohol feels hard.



## We are here to help

Your care team can help answer your questions about alcohol use and provide resources to help you cut back or quit. Reach out for any support you need.