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Long-Term Effects of Alcohol Consumption [Annotated Bibliography]

Polly Cowan

Western Kentucky University, polly.cowan266@topper.wku.edu

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Polly Cowan
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Annotated Bibliography

Long-Term Effects of Alcohol Consumption

It's a well-known fact that college students have a high chance of experimenting with drugs and alcohol. Throughout the four years that are otherwise known as the best years of your life, college students more and more are finding themselves binge drinking and more and more seeing the consequences. However, the hangovers and sickness are not the only consequences of these drinking experimentations. Studies are now showing that there are long-term side effects as well.

Although students and young adults don't always see the long-term effects or even the short-term effects, they're out there. Not only are there physical aspects, but there are some psychological effects as well. If students and young adults knew the risk of the long-term effects, the rate of binge drinking in early adulthood may decline drastically.

Two Books:

Goldberg, Raymond. *Drugs Across the Spectrum*. Belmont: Cengage Learning. 2009. Print.

This text gives a great breakdown of the effects of alcohol consumption on different parts of the body. Some of the unknown long-term effects discussed include altered hormone levels, irregular heart beat, lowers immune system, and can dull senses. These are just a few of the many long-term effects discussed. Goldberg also discusses the extensive possible damage to the liver. This is the organ that is affected the most and where the most long-term damage can be found.

Klein, Stephen B., and Thorne, Michael. *Biological Psychology*. New York: Worth Publishers. 2007. Print.

This book gives a great explanation of the psychological long-term effects of drinking. It gives an adequate explanation of how the mind becomes physically dependent on alcohol therefore causing people to be diagnosed alcoholics. The authors also discuss the long-term effects if women consume alcohol while pregnant. The text explores all the possible consequences this may have on the child throughout their life.

One Internet Source:

"Alcohol and Other Drug Use." *Centers for Disease Control and Prevention*. n.p. 1 October 2012. Web. 1 October 2012.

This internet source provides detailed information concerning the long-term effects of alcohol abuse on the liver. It discusses cirrhosis, which is among one of the fifteen leading causes of death in America. This shows just how real the negative effects of

alcohol abuse are. It also discusses the seriousness of alcohol hepatitis, which in the last few years has become more and more common.

Two Reference Sources:

Fink, George. "Alcohol Effects on Developing Brain." *Encyclopedia of Stress*. Vol. 3. 2000

This article discusses the serious effects of alcohol on offspring. This is the most long-term effect, and possibly the most deadly. Not only are the users affecting themselves directly, but their offspring as well. The article also discusses the reality of too much alcohol consumption affecting stress levels. The more alcohol consumed, the higher the chances of having chronic stress when sober. This source also includes various images of the real-life effects.

Rippe, MD, James M. "Alcohol Addiction." *Encyclopedia of Lifestyle Medicine and Health*. Vol. 1. 2011.

This article gives useful information about the many harmful effects of alcohol abuse. The list of all the possible diseases is long and detailed. It includes an in-depth definition of alcohol addiction. The author explains exactly what makes the person addicted to alcohol, how they feel, and the magnitude of dependency they feel toward alcohol.

One Scholarly Journal Article:

Euser, Anja and Meel, Catharina and Snelleman, Michelle and Franken, Ingmar. "Acute effects of alcohol on feedback processing and outcome evaluation during risky decision-making: an ERP study." *Psychopharmacology*. Vol.217 (2011) pp.111-125. Web. 29 September 2012.

This article discusses the effects alcohol has on decision-making. Through many studies, this article shows in depth how alcohol has negative effects on the humans mind and how it affects decision making. This bad decision-making can ultimately lead to long-term side effects.