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The brain is still growing during a person's teen years. You're literally gaining intelligence and building connections at this time. Alcohol slows down the brain, meaning you are not only impacting your brain today but, also, dimming its potential forever. Alcohol's damage to the hippocampus - the part of the brain responsible for learning and memory - is large enough to cause learning disabilities.



The liver takes a large brunt of the damage inflicted by alcohol because this organ breaks it down. Overwork the liver, and it causes problems - big ones like alcoholic hepatitis, fatty liver, cirrhosis or scarring.



The pancreas aids digestion and helps regulate your blood sugar. Alcohol inflames the pancreas, which eventually can lead to pancreatitis, which can lead to weight loss and malnutrition.



During intoxication, adolescents may experience a low heart rate and blood pressure. Long-term chronic use may result in cardiomyopathy, or a weakness of the heart muscles.



Alcohol even messes with your blood. Think bleeding, stomach inflammation and vitamin and nutrient deficiencies. Chronic alcohol use can result in anemia, which is a low blood count.



Alcohol doesn't take it easy on the stomach. Overconsumption is dangerous to the stomach lining, causing serious ulcers and inflammation. Long-term abuse may lead to cancer of the esophagus.

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