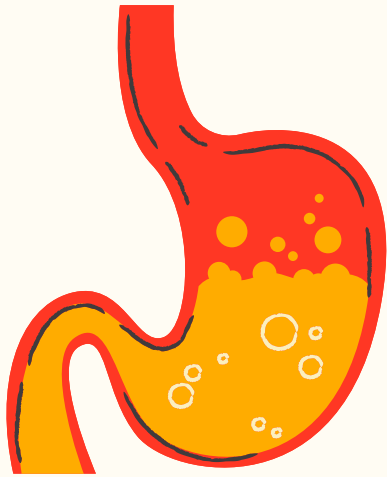


# WHAT IS A HANGOVER?

A SET OF SYMPTOMS THAT OCCUR AS A CONSEQUENCE OF DRINKING TOO MUCH. TYPICAL SYMPTOMS INCLUDE FATIGUE, WEAKNESS, THIRST, HEADACHE, MUSCLE ACHES, NAUSEA, STOMACH PAIN, VERTIGO, SENSITIVITY TO LIGHT & SOUND, ANXIETY, IRRITABILITY, SWEATING, INCREASED BLOOD PRESSURE



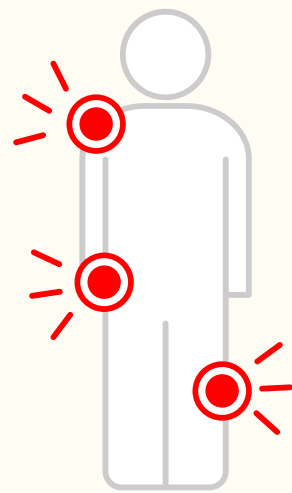
## WHAT CAUSES HANGOVER SYMPTOMS?

**GASTRO-INTESTINAL IRRITATION**

ALCOHOL DIRECTLY IRRITATES THE LINING OF THE STOMACH & INCREASES ACID RELEASE

## INFLAMMATION

ALCOHOL INCREASES INFLAMMATION IN THE BODY

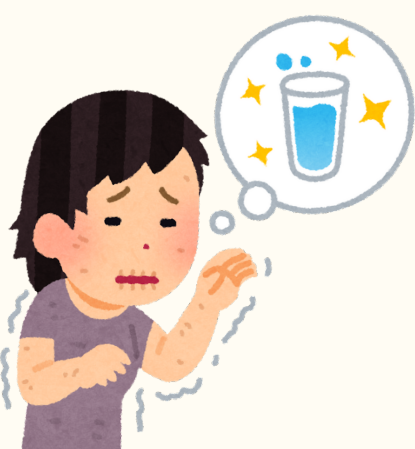
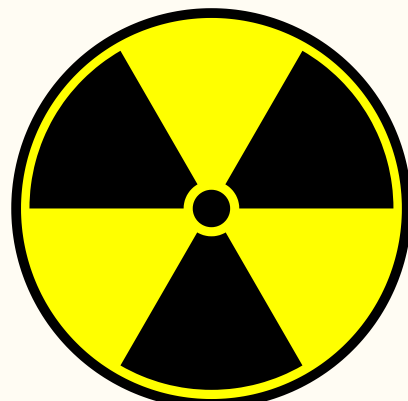


## MINI-WITHDRAWAL

WHILE DRINKING, INDIVIDUALS MAY FEEL CALMER, MORE RELAXED, & EVEN EUPHORIC. WHEN THE BUZZ WEARS OFF, PEOPLE CAN FEEL MORE RESTLESS & ANXIOUS THAN BEFORE THEY DRANK

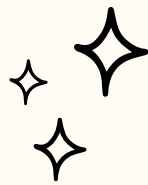
## ACETALDEHYDE EXPOSURE

ALCOHOL METABOLISM CREATES ACETALDEHYDE, A TOXIC, SHORT-LIVED BY PRODUCT, WHICH CONTRIBUTES TO INFLAMMATION IN THE LIVER, PANCREAS, BRAIN, GASTROINTESTINAL TRACT, & OTHER ORGANS



## MILD DEHYDRATION

ALCOHOL INCREASES URINATION & EXCESS LOSS OF FLUIDS



# WHAT IS A HANGOVER?

## DISRUPTED SLEEP

ONE MAY FALL ASLEEP FASTER AFTER DRINKING ALCOHOL, BUT THEIR SLEEP IS FRAGMENTED & TEND TO WAKE UP EARLIER



ANYTIME PEOPLE DRINK TO INTOXICATION, THERE IS A CHANCE THEY COULD HAVE A HANGOVER THE NEXT DAY

ULTIMATELY, THE ONLY SUREFIRE REMEDY FOR A HANGOVER IS TO AVOID GETTING ONE BY DRINKING IN MODERATION OR CHOOSING NOT TO DRINK

ADAPTED FROM THE NATIONAL INSTITUTE ON ALCOHOL ABUSE & ALCOHOLISM



PREVENTION  
COLLABORATION  
COMMUNITY STRENGTHS  
ACTION RESEARCH

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