



Drinking alcohol can be fun when you're in your younger years, however the changes you face as you get older are important to understand. In this edition of our Health & Wellness Newsletter, we take a deeper look at how our bodies are affected by alcohol and the negative implications it can have.

HEALTHY AGEING



Alcohol and ageing - Understanding the effects

As you get older, the effects of drinking can become more pronounced and potentially harmful to your health.

Our bodies become less efficient at processing alcohol, which means that the effects of alcohol can be felt more quickly and last longer. This can lead to increased risk of accidents, falls, and other alcohol-related injuries. Many older adults also take medications that can interact with alcohol and increase the risk of side effects or other health complications.

While it's important to enjoy life and socialise with friends and family, it's essential to be aware of how our bodies change as we age and to take steps to protect our health.

[Learn more](#)

EVENTS



David Roche Foundation - Arthur Boyd: The Life of Saint Francis

28 July 2023

Have your clients heard of our **Out & About** events? These are open to all people in the over 50s community, to provide a new experience with social benefits.

Come along to a rare exhibition of celebrated Australian artist Arthur Boyd's spectacular tapestries of the life of St Francis of Assisi. Start with morning tea at the Brady Brunch Cafe in North Adelaide, then visit the exhibition at the David Roche Foundation Gallery, which also includes pastels and lithographs along the same themes. For lunch and dessert we will visit Lord Melbourne Hotel in North Adelaide.

Cost: \$89 - includes transport, exhibition ticket, lunch and dessert (morning tea not included).

To book now, please call [8179 6825](tel:8179 6825)

[Learn more](#)

NEWS



Alcohol-related dementia: A silent threat to mental clarity and well-being

When alcohol enters the bloodstream, it quickly reaches the brain and begins to interfere with the normal functioning of the brain cells. Over time, chronic and excessive alcohol consumption can potentially lead to alcohol-related dementia.

Similar to other forms of dementia, it causes cognitive impairment that results in memory loss, difficulty with problem-solving and decision-making, confusion, and impaired judgement. Individuals with alcohol-related dementia may also experience changes in mood and personality, and behaviour, such as apathy, social withdrawal, and irritability.

To reduce the risk of alcohol related health problems, adults should drink no more than two standard drinks on any day!

[Read more >](#)



How alcohol damages cells and accelerates ageing

Alcohol consumption can speed up the ageing process by damaging cells and tissues in the body.

One of the key mechanisms by which alcohol can accelerate ageing is through oxidative stress. Alcohol increases the production of free radicals in the body, which can cause oxidative damage to cells and tissues. This damage can lead to chronic inflammation and contribute to the development of age-related diseases such as dementia and cardiovascular disease.

Alcohol can also disrupt the normal functioning of cells and tissues in the body, leading to accelerated ageing. It can interfere with DNA repair mechanisms, leading to increased mutations and cellular damage. It can also impair the production of collagen, a key protein that gives skin its elasticity and firmness, leading to wrinkles.

Take control of your health and ageing process. Learn more about the impact of alcohol on your body and discover ways to promote wellness.

[Read more >](#)



Understanding alcohol's role in cancer development

Over the years, there have been studies to suggest that moderate alcohol consumption may have some potential health benefits.

However, the World Health Organization published a statement recently in The Lancet Public Health, stating that "no level of alcohol consumption is safe for our health".

They note there is a lack of studies that prove that the potential positive impacts of light and moderate drinking on cardiovascular diseases and type 2 diabetes outweigh the cancer risks associated with the same levels of alcohol consumption.

It is the breakdown of ethanol (alcohol) in the body that is responsible for the development of cancer through biological mechanisms. As the amount of alcohol consumed increases, so does the risk of developing cancer.

Discover the facts about alcohol's impact on your health. Explore Southern Cross Care's Allied Health resources to learn more and make informed decisions for a healthier lifestyle.

[Read more >](#)

Services tailored to those aged 50+

At Southern Cross Care, our clients are our number one priority. Whether they use our Health & Wellness Allied Health services, visit our Respite centres, undergo a Restorative Care Program or go on one of our exciting Out & About trips; our person-centred approach ensures every client is supported in their journey to be Better for life.



EXPLORE OUR SERVICES

[Health & Wellness](#)

[Home Care](#)

[Retirement Living](#)

[Residential Care](#)

Better for life



www.southerncrosscare.com.au

Info correct at time of distribution. Some images may be indicative. Copyright © 2023 Southern Cross Care (SA, NT & VIC) Inc, ARBN 129 895 905, liability limited. All rights reserved.

Want to change how you receive these emails? You can [update your preferences](#) or [unsubscribe from this list](#)