

Drinking alcohol during adolescence can alter the brain, affecting later memory

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Anita Cservenka, an Associate Professor at Oregon State University, said: "Adolescence and adulthood of children are biologically and psychologically important developmental periods, so consuming one Large amounts of alcohol may have harmful effects on neurodevelopment and related cognition during this time. '

The findings suggest that drinking alcohol in young people is related to thinning or reducing brain regions that play an important role in memory, attention, language, cognition and consciousness including cortical structure. and cortex.



Previous studies have shown that heavy drinking leads to reduced ability of young people to absorb new things because of changes in brain activity.

"Changes in the brain as a result of heavy alcohol use during adolescence and youth, may also lead to an increased risk of developing a later alcohol use disorder in life," Cservenka added. .

Drinking or drinking many times means taking four or more standard drinks within two hours for women, five or more drinks in men.

According to research published in Frontiers magazine, the research team reviewed studies related to drunken children, heavy alcoholism through brain structural tests (eg gray matter mass and white, cortical thickness,

microscopic structure of white matter) and investigation of brain response using brain function resonance imaging (fMRI).

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