

Effect of Alcohol Consumption on Oesophagus

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DESCRIPTION

Alcohol can harm the mouth, throat, stomach, and Oesophagus when it comes into contact with them in the digestive system. Alcohol can harm the liver and large intestine once it has entered the bloodstream. Alcohol does not last as long as other nutrients in meals. In fact, the digestive system works especially hard to eliminate alcohol from the body, putting it ahead of other substances such as lipids, carbs, and proteins. Alcohol is absorbed through the gastrointestinal tract.

Alcohol, unlike other substances, enters the bloodstream straight *via* the stomach lining and is swiftly absorbed in the small intestine and its metabolism is usually done in the liver, although it can also happen in other cells in the body. Alcohol is converted into acetaldehyde, a harmful molecule.

Alcohol is thought to be a co-carcinogen that increases tumour growth and aids tumour initiation. It has also been shown to disrupt DNA repair, raising the risk of cancer induced by alcohol and it quickly travels into the saliva of the mouth, and saliva covers more alcohol than the bloodstream for around 30 minutes after eating or drinking. Acetaldehyde and alcohol are easily absorbed by saliva and cause harm to oral tissues. Drinking alcohol was found to cause roughly a third of cancers of the mouth and throat (30%) in Cancer Research UK studies looking at life style variables that cause cancer. When combined with smoking, drinking alcohol raises the risk of Oro pharyngeal cancer and may increase the chance of mouth cancer. Once alcohol has been ingested, it comes into contact with Oesophagus.

Oesophagus is a lengthy tube that connects the mouth and the stomach, allowing food and drink to pass down to the stomach. Squamous cell carcinoma (cancer) of the Oesophagus is linked to excessive alcohol consumption. Alcohol can directly harm the cells that line the Oesophagus.

It can also cause acid reflux (the contents of the stomach coming back up into the Oesophagus), which damages cells and raises the risk of cancer. The stomach is the first organ to come into touch with alcohol for an extended period of time. Stomach's main function is to hold and mix consumed food and drink.

Drinking on occasion and on a frequent basis can disrupt the stomach's processes in a variety of ways. The production of stomach acid might be affected by alcohol. This can impair the stomach's capacity to eliminate bacteria that enter it, allowing potentially hazardous bacteria to enter the upper small intestine. Acid and digestive enzymes damage the stomach wall, which is protected by mucous cells in the stomach lining. A single bout of binge drinking can harm the stomach's mucous cells, causing inflammation and lesions.

Drinks with a high alcohol concentration, such as those as more than 15% alcohol by volume, might delay stomach emptying, resulting in bacterial filth in the food and abdominal discomfort. The liver is primarily responsible for alcohol metabolism and liver is responsible for filtering blood from the digestive tract and for removing poisons from the body.

Liver fails to process alcohol in three ways, all of which result in the conversion of alcohol to acetaldehyde, a cell toxin that causes inflammatory changes in the liver. These mechanisms can contribute to the following liver-damaging consequences. Fat synthesis in the liver increases, which can lead to fatty liver. When alcohol is metabolized, hazardous by-products can cause cell and tissue damage, including DNA damage.

CONCLUSION

Undigested food passes through the small intestine and into the large intestine, where it is absorbed into the body as water and salt. This procedure can take up to 24 hours or 26 hours to complete. Anus is subsequently completed by passing the remnants from the body. Bloodstream can bring alcohol into contact with the large intestine. As a result of this there is a risk of bowel cancer increases. According to the evidence, those who drink abstemiously up to 4 standard drinks a day and heavily more than 4 standard drinks a day are at an increased risk of colorectal cancer when compared to non-drinkers or infrequent alcohol drinkers. Moderate drinkers had a 21% increase in risk, while heavy drinkers faced a 52% increase in risk.

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