

# Alcohol

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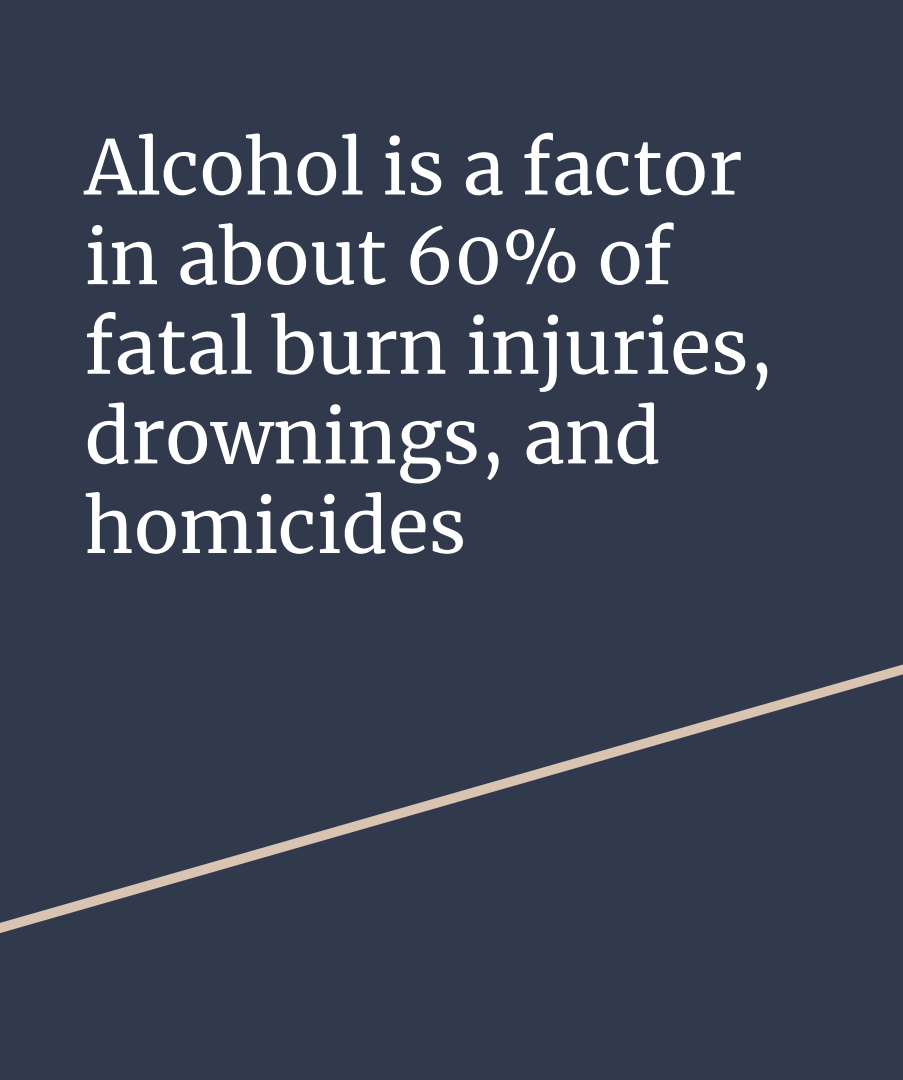
# Alcohol

- Also known as ethanol
- Synthetic or natural from fermentation
- 47-57% (male higher) of people admit to drinking alcohol regularly
  - Caucasians more than any other racial or ethnic group at 57%

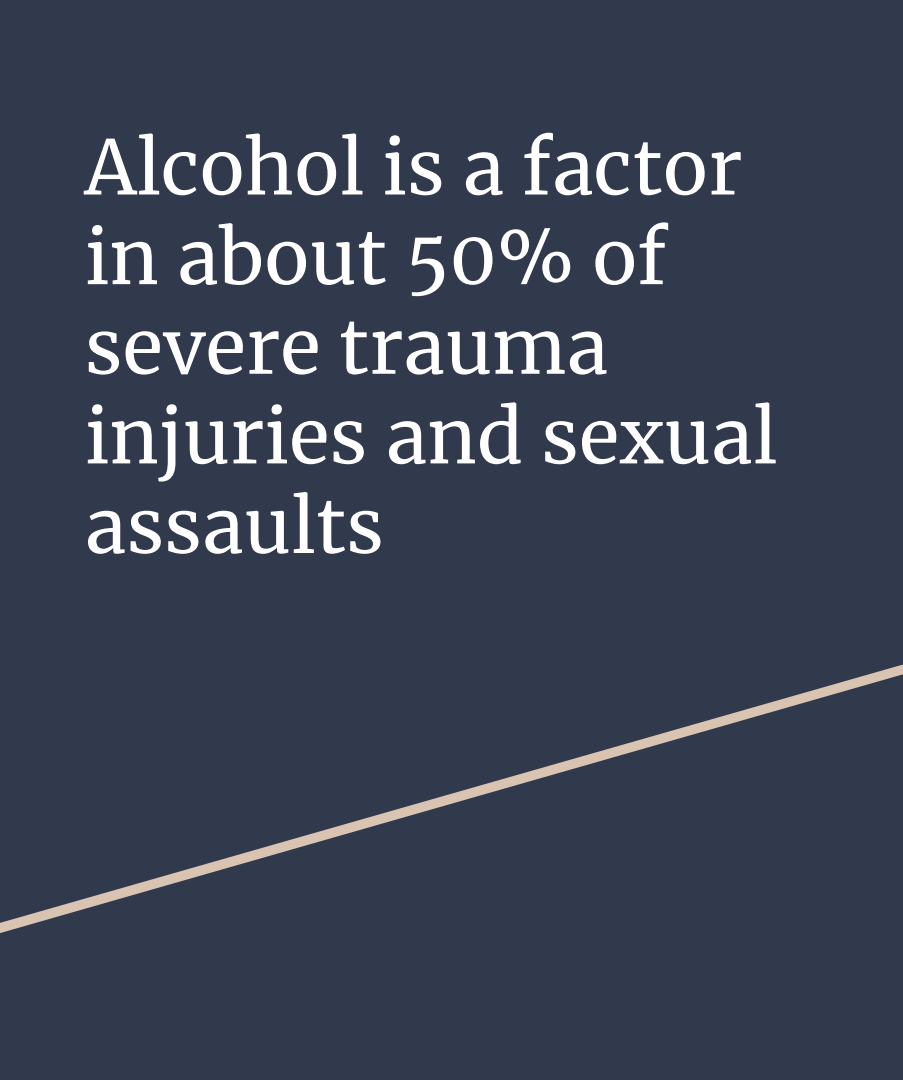
## Factors influencing use

- Peer pressure
- Family
- Media messages

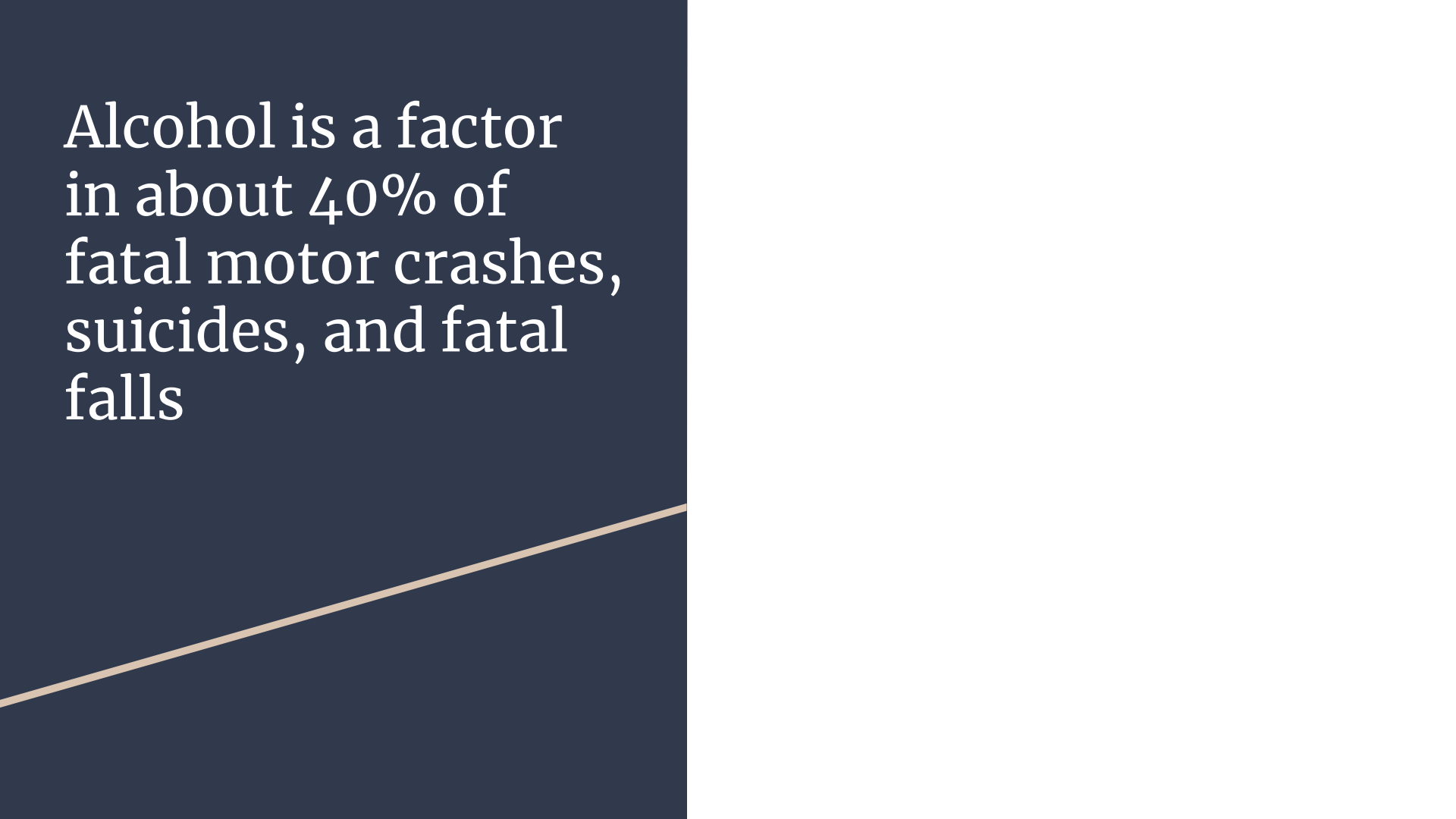
Alcohol is a factor  
in about 60% of  
fatal burn injuries,  
drownings, and  
homicides




Alcohol is a factor  
in about 50% of  
severe trauma  
injuries and sexual  
assaults



Alcohol is a factor  
in about 40% of  
fatal motor crashes,  
suicides, and fatal  
falls



Over 24% of US  
college students  
have NEVER had a  
drink



# Immediate Effects

- Alcohol is actually a depressant
- Slows reaction time
- Impairs vision
- Diminished judgement
- Intoxication: body is poisoned by alcohol or another substance which affects the physical and mental control

# Alcohol and Unsafe Situations

- Proof = 2x% of alcohol
- Illegal under age 21
- Increases risk of crime/rape/assault/robbery
- Alcohol abuse in teens
- Zero-tolerance policies



# Short term effects

- Brain
  - Decreased movement, speech, vision
- Memory
  - Disorganized and concentration is dulled
- Judgement
  - Altered and coordination is impaired
- Heart
  - Heart rate and blood pressure decreases; irregular heart rate
- Blood vessels
  - Expands blood vessels and temperature decreases
- Stomach
  - Acid increases
- Liver
  - Toxins released and causes inflammation and scarring
- Kidneys
  - Kidneys increase in output and lead to dehydration
- Lungs co<sub>2</sub> released and breathing slows/is irregular
- Sleep disturbances

# Alcohol and Medications

- Multiplier effect; greater or different effect than if taken alone
- Decreased drug absorption
- Medications break down faster
- Damage to the liver due to increased metabolism
- Dizziness or sleepiness with antihistamines

“But I heard  
alcohol is good for  
your health”

- Some studies have shown
  - Small amounts daily can decrease coronary artery disease, high blood pressure, and stroke
  - Moderate drinkers 1-2/day have the lower mortality rates
  - Heavy drinkers have the highest mortality rate
- Found problems with these studies
  - Also consider women have an increased risk of breast cancer with alcohol

# Underage Drinking

- Brain is growing until about 21 years old
- American Medical Association has stated underage drinking can cause severe and possible lasting brain damage

# Long Term Effects



- Addiction
- Loss of brain functions
- Brain damage (decreased size)
- Damage heart muscle
- High blood pressure
- Fatty liver
- Alcoholic hepatitis
- Cirrhosis
- Stomach ulcers/stomach cancer
- Pancreas problems
- Fetal Alcohol System
- Increase risk of cancer, cardiovascular, and liver disease

# Factors Influencing Blood Alcohol Concentration

- How quickly you drink.
- What you drink: soda increases while mixers and water decrease, hot increases
- Sex: women absorb 30% more alcohol into their bloodstream
- Age: As age increases the effect increases
- Lower weight increases the effect
- Fatigue or Stress increases effect
- Food slows the absorption
- Aspirin and many over the counter drugs increase the risk and keep you drunk longer
- Birth control pills keep you drunk longer

# Blood Alcohol Concentration Tables

Link to [tables](#)

# Binge Drinking and Alcohol Poisoning

- Most common in teens/college (39%)
- Stops involuntary actions such as breathing/heart beat
  - Symptoms
    - Confusion, coma, vomiting, and seizures
    - Slow respiration 8 breaths/minute
    - Irregular heartbeat
    - hypothermia/low body temperature
    - Severe dehydration from vomiting
- 97,000 students between 18-24 are victims of alcohol related sexual assault or date rape

CALL 911 and call poison control

**Alcohol level can continue to rise while they are unconscious**



# Good Samaritan Law



# Being Alcohol Free

- Maintain a healthy body
- Make responsible decisions
- Avoid risky behaviors
- Avoid illegal activities

# Treatment of alcohol abuse

- $\frac{2}{3}$  do so without proper treatment
- Counseling
- Medication

# How to protect yourself from risky alcohol-related behavior

- Don't drink to get drunk
- Pair-up with a friend
- Make arrangements to get home safely
- Don't accept drinks from strangers
- Know the signs of alcohol poisoning

# Drinking and Driving

- DO NOT DO IT
  - Decreased judgement
  - Decreased vision and hearing
  - Decreased reaction time
- Every 53 minutes someone dies from drunk driving

# Drinking and Driving

[https://vimeo.  
com/2152124  
31](https://vimeo.com/215212431)