

# IN THE KNOW: Alcohol

## What is Alcohol?

Alcohol contains the addictive, depressant drug ethanol.



**ONE DRINK** The size of a drink does not matter... the amount of ethanol does.  
= 12 oz. of beer or a wine cooler  
= 8 oz. of malt liquor  
= 5 oz. of wine  
= 1.5 oz. of liquor

## SHORT TERM EFFECTS Of Drinking

- SLOWER REACTION TIME
- POOR COORDINATION
- BLURRED VISION
- NAUSEA/VOMITING
- LOWERED REASONING ABILITY AND INHIBITIONS
- SLOWER HEART RATE
- ANXIETY/DEPRESSION
- MEMORY LOSS

## LONG TERM EFFECTS Of Drinking

- LIVER DISEASE
- HEART DISEASE
- STROKE
- BRAIN CELL DAMAGE
- CANCER
- STUNTED GROWTH
- SKIN & EYE DAMAGE
- MALNUTRITION
- GASTRIC DISORDERS
- ALCOHOLISM



## ABUSE AND ADDICTION

**Abusing alcohol** may lead to health, social and legal problem and physical addiction.

**Alcoholism** is a disease. Users are dependent on alcohol. They suffer dangerous withdrawal symptoms.



## BINGE DRINKING

- Consuming 4 or more drinks rapidly
- 90% of underage drinkers binge drink
- Binge drinkers are 14 times more likely to drive drunk.
- Leads to alcohol poisoning and liver disease

## What is BAC?

BLOOD ALCOHOL CONTENT IS THE AMOUNT OF ALCOHOL IN THE BLOOD STREAM.

- Takes **1 hour** for a drink to leave the body
- 0.08% BAC = Legally drunk
- 0.30% BAC = Possible death/Alcohol poisoning



## DRINKING AND DRIVING

- Illegal to operate a motor vehicle with a **BAC of 0.08%** or higher.
- Drunk driving is the #1 killer of people under 21.
- A DUI can result in heavy fines, jail time, and a criminal record.



## Under 21?

DRINKING IS AGAINST THE LAW!

You could...

- Lose your driver's license
- Pay a fine
- Go to jail

## GETTING HELP

There are support groups and other methods of breaking the habit. Talk to a counselor or your doctor and get on the path to recovery.



# Stop. Think. Don't Drink!