

IN THE KNOW: Alcohol

What is Alcohol?

Alcohol contains the addictive, depressant drug ethanol.



The size of a drink does not matter... the amount of ethanol does.

ONE DRINK

- = 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?

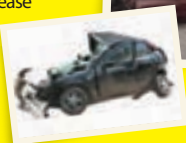
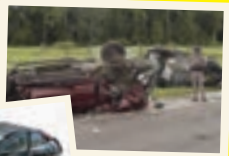
BLOOD ALCOHOL CONTENT IS THE AMOUNT OF ALCOHOL IN THE BLOOD STREAM.

- 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!