

KNOW THE RISKS

Before you take that first sip, remember the consequences of drinking alcohol

SHORT-TERM RISKS

- Impaired judgement
- Car accidents
- Unwanted pregnancy and STIs
- Criminal convictions

LONG-TERM RISKS

- Mental health decline
- Depression and anxiety
- Dozens of alcohol related illnesses
- Suicide

LEGAL PROBLEMS

- Suspended driver's license
- Fines
- Imprisonment
- Probation

FINANCIAL PROBLEMS

- Loss of employment
- Damage to personal property
- Expense of purchasing alcohol
- Cost of fines

PHYSICAL HEALTH

- Muscle weakness
- Increased risk of heart disease
- Increased risk of cancer
- Malnutrition

FAMILY PROBLEMS

- Violence
- Domestic abuse
- Disturbance in home life
- Separation of parents and children

SCHOOL BEHAVIOR PROBLEMS

- Poor academic performance
- Truancy
- Suspension and expulsion
- Loss of scholarship opportunities

ALCOHOLISM

- Liver damage
- Severe withdrawal symptoms
- Jaundice
- Death



RESOURCES

Centers For Disease Control

www.cdc.gov/alcohol/index.htm

Drug Abuse.gov Rethinking Drinking

www.rethinkingdrinking.niaaa.nih.gov/help-links/default.aspx

in the know

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WHAT IS YOUR ALCOHOL I.Q.?



BY THE NUMBERS, IT'S CLEAR THAT ALCOHOL DOES MORE HARM THAN GOOD.

- Nearly 15 million people suffer from alcohol use disorder
- More than 65 million Americans report binge drinking in the past month
- About 25,000 people die from alcoholic liver disease deaths each year
- Teen alcohol use kills 4,700 people each year. That's more than all illegal drugs combined
- Drunk driving costs the United States almost \$44 billion every year
- Approximately 2,200 individuals die from alcohol poisoning every year
- About 29 people die from car accidents involving drivers impaired by alcohol

WHAT DO YOU KNOW ABOUT ALCOHOL?

WHAT IS ALCOHOL?

Make no mistake about it, alcohol is not safe. Alcohol depresses the body with a drug called ethanol. Ethanol can also be found in hand sanitizer to kill germs, as well as engine fuel. Consuming large amounts of alcohol can be incredibly dangerous.

HOW DOES ALCOHOL AFFECT THE BODY?

As soon as the first sip, alcohol makes its way into the blood stream and begins to inhibit the mind and senses. It is absorbed into the bloodstream from the walls of the stomach. Coordination, depth perception, reflexes, vision, reasoning and judgment are negatively impacted. And these are just the short-term effects.

Some of the long-term damages are high blood pressure, heart disease, cirrhosis of the liver, malnutrition, and death. All this from drinking alcohol.

Pregnant women who consume alcohol risk Fetal Alcohol Syndrome. Babies with FAS have low birth weight, brain damage, heart defects and physical deformities.

With every sip, the body's blood alcohol content (BAC) rises, and damage is done.

BAC

"BAC" stands for Blood Alcohol Content, and it simply means the amount of alcohol found in someone's blood stream. Often decimal numbers will be thrown around and it's important to understand what they mean. For example, a high BAC of 0.1 means that there is 0.1 grams of alcohol for every 100mL of blood. The number is a ratio of blood to alcohol, and alcohol is so powerful that a small amount can impact the body greatly. Here are examples of different levels of intoxication.

- Sober: 0.0 percent BAC
- Legally intoxicated: 0.08 percent BAC
- Very impaired: 0.08–0.4 percent BAC. At this blood alcohol level, a person may have difficulty walking and speaking. Other symptoms may include confusion, nausea, and drowsiness.
- Extreme Risk of Damage: Above 0.4 percent BAC. At this blood alcohol level, there is high risk for coma or death.

WHAT ARE THE WARNING SIGNS OF ALCOHOLISM?

- Problems at work or school due to drinking
- Engaging in dangerous activities, such as drinking and driving
- Blacking out with no memory of what happened while drinking
- Continuing to drink in spite of health problems made worse by alcohol
- Friends and family members are affected by drinking

Alcohol is no joke. Take it seriously and get help if someone's in need.

NEED HELP?



1-800-662-HELP (4357)

Alcoholism is treatable and help is available.

