

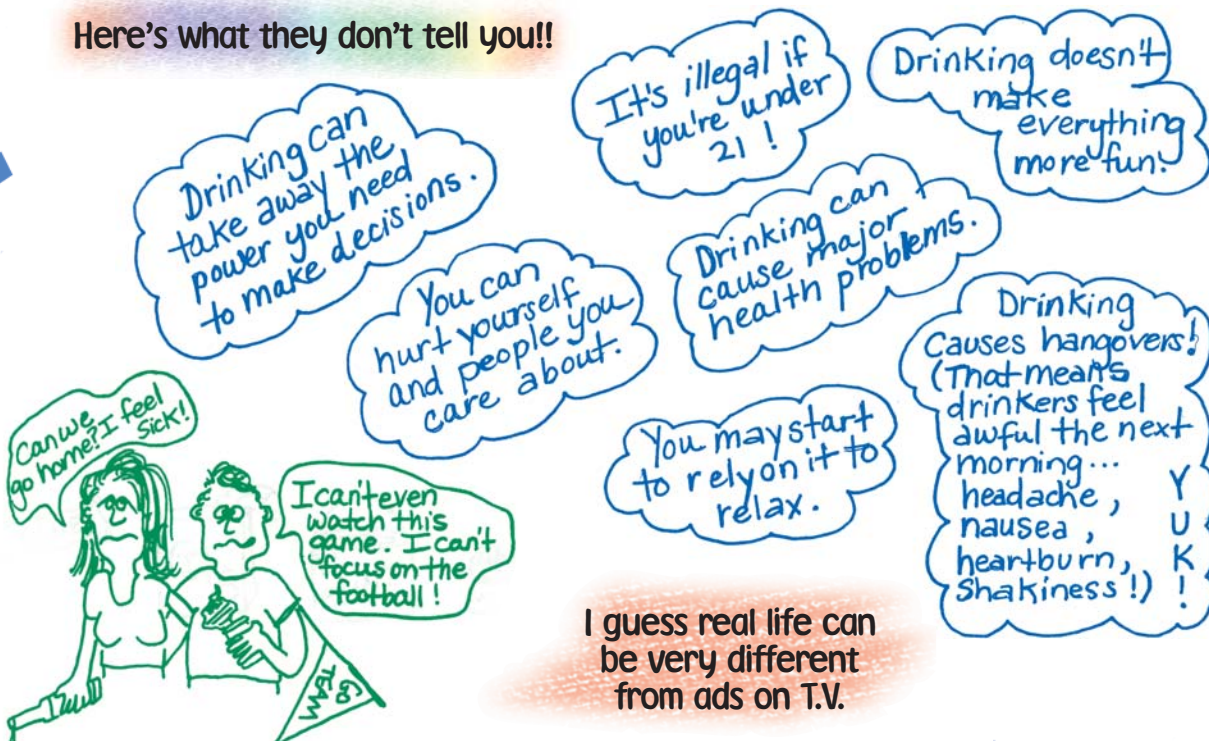
# Alcohol



Ads for alcohol sure make people look happy and pretty. They always look like they're having fun! Here's an example of what you usually see.



Here's what they don't tell you!!



I guess real life can be very different from ads on T.V.



## Does this mean all drinking is bad?

Not necessarily...

Judging by ads you see everywhere, alcohol is an accepted part of American life. And, fortunately, most adults are able to handle moderate amounts. According to the U.S. Department of Health and Human Services, “moderate” means having

no more than 1 drink a day for women  
&  
no more than 2 drinks a day for men.

Because alcohol truly is a powerful drug, it needs to be respected. It can change the way a person thinks, acts, and feels.

Its main ingredient (ethyl alcohol or ethanol) is a depressant. This drug can lead to both psychological & physical dependence as well as addiction. In addition, alcohol is poisonous, especially when taken in large doses. This means people can...and actually do...die from drinking too much in a short period of time.

If women have 4 or more drinks in a row or men have 5 or more drinks in a row, they are engaging in “High Risk or Binge Drinking.” This kind of drinking can cause people to pass out. And passing out is a warning sign that drinkers are in SERIOUS trouble. NEVER leave them alone. Instead, call for help and get them to the hospital immediately. Because even when they appear to be sleeping it off, the alcohol in their stomach is continuing to enter their bloodstream.

Bottom line: Binge drinking is not a party game.  
It can, instead, be a question of Life or Death!

Alcohol also should be taken seriously because it plays a part in 1/2 of all fatal (that means deadly) car accidents, 1/2 of all murders, 1/2 of all reported rapes, and 1/3 of all suicides !!

Remember, people CAN be alcohol-free. One third of adults in the U.S.A. are!

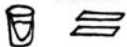


Alcohol....also known as booze or juice...comes in many forms. It is generally made from grains, fruits, or vegetables.



Which contains the most?

THEY ALL CONTAIN ABOUT THE SAME AMOUNT OF ALCOHOL!



1.5 ounce shot of liquor



12 ounce can or bottle of beer



5 ounce glass of wine



9 ounce wine cooler



1/2 a 20 ounce malt beverage

Wow! That's news to me!





So what will happen to my body if I drink?

- The alcohol goes directly to the stomach.
- The alcohol rapidly enters the bloodstream and goes to the brain.
- What happens next depends on how old you are:
  - ▶ In young people, the brain gets excited, causing folks to become louder, more talkative, and more active.
  - ▶ For those over 22, alcohol has the opposite effect, causing the brain and central nervous system to slow down.
- For everyone, some alcohol eventually leaves the body through the kidneys and lungs.
- But most of the alcohol is metabolized or broken down by the liver — at the rate of one drink per hour.
- This means that until the liver is ready to burn up the alcohol, it keeps circulating through the body affecting the way people think, act, and feel.



Does alcohol affect everyone the same way?



The effects of alcohol depend on a person's:

- **Gender** (Alcohol has a more powerful effect on women than men. This is because males have more alcohol dehydrogenase, an enzyme that breaks alcohol down. Also because women's bodies generally are smaller and have less water than men's. Since alcohol dilutes easily in water, and since men have more water than women, the alcohol men drink is more easily watered down.)
- **Weight** (The less someone weighs, the greater the potential impact.)
- **Body Chemistry** (One of the reasons it's hard to predict exactly how any drug will make users feel is that everyone's body chemistry is constantly changing!)
- **Age** (Alcohol tends to stimulate young people, but slow down those over age 22.)
- **Expectations** (How alcohol affects people can be influenced by what drinkers expect to happen.)
- **Experience With Alcohol** (People's past experiences with alcohol can influence how it might affect them in the future.)
- **Amount Of Alcohol Consumed** (The more people drink at one time, the more powerful the effect.)
- **Amount Of Food In Stomach** (While being full can't stop a person from becoming drunk, having food in the stomach can slow down the rate at which alcohol is absorbed by the bloodstream...but only a little.)
- **Speed Of Drinking** (The faster people drink, the faster they get drunk.)



# Possible effects of Alcohol include:

- **Temporary Relief or Change of Feelings**
- **Excitement** — especially in young people
- **Slowed Down Body Functions** — especially in those over age 22
- **Slurred Speech**
- **Impaired Ability** to see, hear, walk, talk, and think
- **Loss of Judgment**
- **Mental Confusion**
- **Nausea**
- **Loss of Emotional Control** (like crying uncontrollably or flying into a rage). Besides being embarrassing, this can actually be dangerous. **More than 50% of all people convicted of violent crimes had been drinking alcohol at the time!**



- **Reduced Inhibitions** (That means people say and do things they ordinarily wouldn't.)
- **Lifelong Problems for Unborn Babies.** Alcohol can cause babies' faces to be formed incorrectly. They may be born retarded or smaller than normal. If the condition exists, it's called Fetal Alcohol Effects (FAE). If it's severe, it's known as Fetal Alcohol Syndrome (FAS). Together, FAE and FAS are known as Fetal Alcohol Spectrum Disorders (FASD). Because any child whose mother drinks alcohol during pregnancy is at risk for FASD, a pregnant woman's drinking, even once, can be dangerous!
- **Possible Death** (Fact: Alcohol is a leading cause of death among 15 to 24 year olds. These are tragedies that NEVER need to happen!!)



**Body Parts Affected by Alcohol:**

<b>beer belly* (gaining one)</b>		<b>muscles (losing them)</b>	
liver	heart	stomach	
brain		bones	

\*because alcohol is fattening and full of "empty" vs. nutritional calories

**FACT: The #1 drug of abuse in the U.S. is ALCOHOL!!**

And not just for adults. A national study showed that 81% of high school students also used this drug !!

## So why do people drink?



Here are some reasons why:

- To feel good
- To stop feeling bad
- To celebrate
- To relax
- To feel more sociable
- For excitement
- For religious reasons
- For medical reasons (limited amounts of alcohol are thought to be helpful for some people. However, the relaxing benefits can also be obtained from things such as exercise or meditation.)
- To rebel
- To get drunk or intoxicated
- Because they are “hooked”

Also, some people drink because of:

- Low self-esteem & depression and
- Stress & tension and
- Guilt & shame

These can all become excuses to drink and can make the problem worse!!



Do you know the #1 reason that kids try alcohol for the first time????

Because their friends do



How can one sober up or get over the effects of drinking alcohol??

### It's not what you think!

Fresh air and exercise can make a drinker feel more alert.

Hot black coffee can produce a wide awake drunk.

Cold water can create a wet drunk.

Coffee plus a cold shower → a wide awake, wet drunk!

None of these methods work, however, because it's all up to the liver, and it takes the liver 1 hour to burn up each drink of alcohol a person has.

**TIME is the only remedy!**





## What is Alcoholism???

Social drinking turns to alcoholism when it becomes a person's primary way of coping with "Life!"

**Alcoholism is a disease.** It's not a weakness or a crime. Alcoholism is characterized by uncontrolled drinking....of anything, even just beer. That means that each time alcoholics drink, they can't accurately predict how much or how long they will drink.

Most alcoholics are working family members.  
Less than 5% are "street people."

Alcoholism and alcohol-related problems are the third leading cause of death in this country!!



I know some people who drink.  
How can I tell if they are alcoholics???



### of Alcoholism:

- ◆ Person has a high tolerance level and needs to drink more and more to get the same effect.
- ◆ Person needs a drink to get over a hangover.
- ◆ Person is willing to drink alone.
- ◆ Person loses time from work or school due to drinking.
- ◆ Person may start drinking in the morning.
- ◆ Person needs a drink at other specific times of the day.
- ◆ Person lies about, covers up, or makes excuses about drinking.
- ◆ Person has blackouts or memory lapses during or after drinking.
- ◆ Person drinks to relieve stress, fear, shyness, and/or insecurity.
- ◆ Person's family & friends are ashamed and worried about the drinking.

# More about Alcoholism

## Possible long-term effects on the body:

- **Liver damage**
- **Heart disease**
- **Ulcers and gastritis**
- **Malnutrition** — This can result from not having enough to eat or not eating enough of the right kinds of food. However, even if alcoholics eat healthily, they can become malnourished. (How? Because sometimes their bodies become unable to get nutrients out of the food they eat. Nutrients are all the “good stuff” in food that helps keep bodies fit and strong.)
- **Cancer**
- **Brain damage** — In 10 to 12 year olds, alcohol can mess up a chemical that helps with brain mapping (showing nerve pathways which way to go).  
In addition, recent studies show that brain damage from binge drinking can occur in less than a year ☹️
- **D.T.'s** (Delirium tremens is a life-threatening condition that can occur when someone is withdrawing from alcohol.)
- **Damage to a developing baby** — When a pregnant woman drinks alcohol, so does her baby. And since babies are smaller, it hits them harder. That means their “hangovers” can last a LIFETIME. One of the possible results, Fetal Alcohol Syndrome (FAS), is the leading cause of mental retardation .....  
**and is 100% PREVENTABLE!**



## HELP! Places To Go For Help

Like many chronic diseases, alcoholism is treatable, but cannot be cured. Recovery is a life-long process which begins with NOT drinking.

Here are some places both alcoholics and their family and friends can go for help.

- AA** = Alcoholics Anonymous (a self-help group for alcoholics)
- Al-Anon** = a self-help group for families and friends of alcoholics
- Alateen** = a self-help group for teens affected by someone else's alcohol use.

For more information, check out [www.alateen.org](http://www.alateen.org)

Also school counselors, treatment centers, clergy, doctors, hospitals, teachers.....

To find out more about Al-Anon and Alateen meetings in your area, call toll free 1-888-425-2666.

# Effect of Alcoholism on Family and Friends

When one person has alcoholism,  
it affects the lives of about 4 to as many as 7 others.

Alcoholism can cause:



- Anger and resentment
- Insecurity (feeling you can't depend on the alcoholic)
- Denial (not wanting to accept or even admit to themselves that there is a problem)
- Guilt (thinking the problem is their fault)
- People blaming each other for the problem
- Money problems (drinking is expensive!)

Friends and family involved with an alcoholic should remember the **3 C's**:



1. You did not cause the drinking.
2. You cannot control it.
3. You cannot cure it.

Skilled professionals can help family and friends convince alcoholics to finally admit they have a problem. But only the drinkers themselves can actually control the problem and change their drinking behavior.

## Children of Alcoholics (COAs) are special people.

While it's not guaranteed they'll have problems, they do face special risks, such as:

- Becoming alcoholic or developing other drug problems. This is true, in part, because, like many other diseases, alcoholism tends to run in families.
- Marrying alcoholics
- Not feeling good about themselves

**BUT**

they can reduce their risks by taking care of themselves. This means getting involved in activities they enjoy that let them use their talents or help them learn new skills. The main objective in all this? Keeping busy and productive while having fun!

Help is also available from:

- Al-Anon
- Alateen
- Alcoholics Anonymous (if they also have a drinking problem)
- Any supportive and caring adult, teacher, coach, counselor, neighbor, or relative

Am I the only one who has a parent with a drinking problem?



NO WAY!

There are 10 million alcoholics in the U.S.A.!



To get better, alcoholics need to stop drinking. However, even if they're not ready to stop yet, there ARE things people who care about them CAN do.

## Don't

- Argue with the alcoholic
- Make threats
- Try to control the other person's drinking
- Protect drinkers from the consequences of their drinking
- Take it personally. Just because alcoholics have a disease doesn't mean they don't care about you!

Tips for family and friends of alcoholics:

## Do

- Learn the facts about alcoholism
- Be direct when talking to the alcoholic about his or her behavior, but hold discussions only when the drinker is sober (not drunk)
- Offer support in getting the alcoholic help
- Remember that alcoholism is a disease. It's not something "bad" or "weak" people do.
- Understand that asking for help is a sign of wisdom & strength
- Last but by no means least, take care of yourself (like by having fun with friends)

BLAH BLAH BLAH BLAH BLAH BLAH BLAH BLAH





Am I at risk for an alcohol related problem ??

You might be if you belong to one or more of these High Risk Groups... or if you find yourself in any of these High Risk Situations.

## High Risk Groups



### People with a family history of alcoholism

These folks are up to 2 to 4 times more likely to become alcoholic themselves. (That's why it's important for each of us to find out as much as we can about our family history!)



### People who have unique reactions

People who feel "nothing" as well as those that have a STRONG reaction after drinking only a little alcohol are both at higher risk. Both groups should reconsider their drinking behavior.



### People who start drinking by age 13

Kids who start drinking on their own on or before age 13 have a 46% chance of becoming alcoholic. By comparison, people who start when they are 21 or older have only a 10% chance of becoming alcoholic.

### All people under 21 because:

- Their body size is smaller
- Their livers are less able to handle alcohol
- Their brains respond differently to alcohol
- They are more likely to be pressured by peers to drink
- They may be more likely to give in to the pressure because they don't want to be seen as being different from others
- They are more likely to **THINK** they need alcohol to relax in social situations or to look more mature and independent when out with friends.



continued...

## More Alcohol Related High Risk Groups

### People with medical problems like:

- Diabetes
- Liver problems
- Seizures
- Other digestive problems
- Heart problems
- Nervous system problems



### Women who are:

- Pregnant
- Planning to become pregnant
- Nursing infants



## High Risk Situations

### Anything requiring alertness and coordination, such as:

- Driving a car - or using any machinery
- Boating
- School
- Swimming
- Work
- Hunting
- Sports



### When health is affected by:

- Emotional stress
- Medications
- Depression
- Drinking alcohol while taking **any** Rx or OTC medicine can be very risky.
- Anxiety
- Medical illness



### When drinking is done to:

- Escape
- Rebel against authority
- Relax
- Make it easier (perhaps less scary) to meet new people
- Lose control
- Look more mature and independent
- Feel accepted



### Drinking to the point of "blacking out"

- Not remembering what happened while drinking



## More Alcohol Related High Risk Situations

Whenever people are with others who are drinking because of:

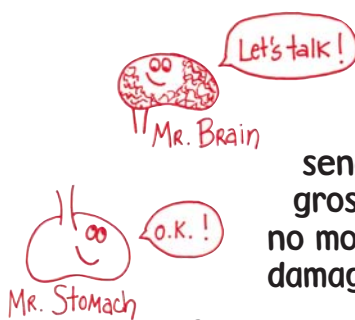


- Increased possibility of being pressured by others
- Increased chance of people actually **pressuring themselves** because they don't want to be seen as being different from others
- Increased risk of things just getting out of control. Unfortunately, people often do things in groups that they NEVER would do alone.



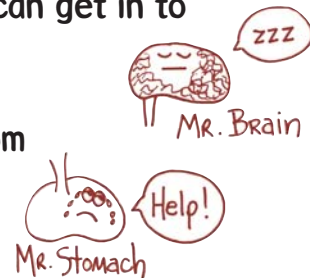
### Combining Alcohol and Marijuana:

Combining alcohol and marijuana may be particularly dangerous.



When someone drinks too much, a toxic compound called acetaldehyde (asset-AL-duh-hide) builds up in the bloodstream. As this compound reaches the brain, the brain sends a signal to the stomach to throw up. This is gross and disgusting, but throwing up means that no more of the poisonous compound can get in to damage the cells.

If a person smokes marijuana while drinking alcohol, the chemicals in marijuana stop the brain from sending the signal to throw up. The result is higher and higher levels of acetaldehyde to the point that the person can pass out, fall into a coma, and possibly even die.



Throwing up, however, isn't always the answer either. When people pass out from drinking too much alcohol, the food and liquid that comes up from their stomach can go down the windpipe and enter the lungs instead. This can result in difficulty breathing, pneumonia, ..... even death!!

If you belong to a "High Risk Group" or find yourself in a "High Risk Situation," the best advice is **DON'T DRINK!**

# D.W.I.

That stands for Driving While Intoxicated.

D.W.I. is ...

**Dangerous!**

**Irresponsible!!**

**Illegal!!!**

It also is the most prosecuted crime in the U.S.A.

Police officers determine if people have been drinking and driving by measuring their BAC (Blood Alcohol Content or Blood Alcohol Concentration). They use a breathalyzer (which measures breath), or a blood or urine test. Depending on the state, a BAC of .08% or .10% = D.W.I.

Over 40 states now have "Zero Tolerance" laws for young drivers.

**U** Drink  
(even 1  
drink)

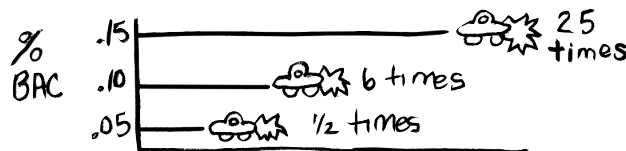
**U** Drive  
(if you're  
under 21)

**U** Lose  
(your  
license  
for 6+  
months)



Because young drivers are more likely to be affected by low levels of alcohol than older drivers.

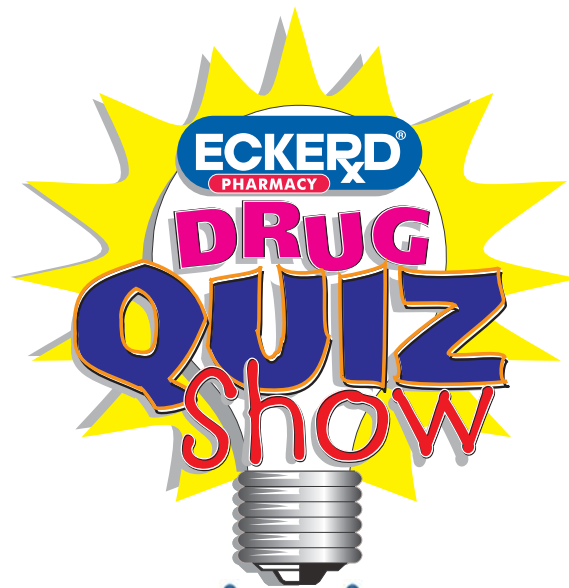
Because alcohol related crashes are one of the leading causes of death for young persons. Also, because the more ANYONE drinks, the greater the chances of a



Likelihood of Being in a Crash

## BOTTOM LINE:

50% of all traffic deaths are alcohol related. To avoid becoming another statistic, refuse to get in a car if the driver has been drinking. Also remember that NOT drinking is always an option. If you don't want to drink, for whatever reason, just say "no thanks" and expect others to respect your decision.



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