

KEY

Alcohol and Its Effects

• Alcohol is the most widely used and abused drug in the United States.

• Alcohol is a depressant, a drug that slows down the activity of the brain.

• As soon as alcohol is swallowed it goes to work on the body and brain

• Decision making is greatly affected. People lose control of their emotions

• Blood alcohol concentration /B.A.C

How quickly alcohol affects a person depends on

1. Person's size and health
2. How much he or she drinks in how much time
3. Whether he or she has food in the stomach
4. Whether the person is male or female.

• 1/3 of all preventable deaths in the US are related to alcohol.

• The liver is the largest gland in the body

• It takes in protien + carbs and converts them to energy.

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- The liver also breaks down poisons like alcohol.
 - When the liver develops a rough surface (scar tissue) as a result of alcohol intake: Cirrhosis
 - Damage to the liver from alcohol is _____
not reversible !!
 - Alcohol can inflame the pancreal – the organ that helps the body digest food.
 - Drinking too much alcohol can increase the risk of stroke.
 - Too much alcohol can also lead to malnutrition.
 - Alcohol affects several parts of your brain.
 - Alcohol destroys brain cells and damages your central nervous system.
 - Unlike other areas of your body, brain cells do not regenerate. Once they are gone, they are gone!
 - When alcohol reaches the brain, it interferes with communication between nerve cells, by interacting with the receptors on some cells.

• **Fetal Alcohol Syndrome is caused by a mother drinking while -
being pregnant.**

• **Babies born with FAS can have facial deformities, brain damage, growth deficiencies, as well as other problems.**

• **Even first timers can die from alcohol.**

• **Binge drinking is drinking 4-5 or more drinks in a short amount of time.**

• **A person's nervous system slows down dramatically and it can cause an irregular heartbeat.**

• **Sometimes binge drinkers choke on their own vomit.**

• **Alcohol is a factor is 30% of all suicides.**

• **18% of people ages 12-20 have tried alcohol. This means that 82% haven't!**

What's Your Alcohol IQ? • What To Know •

Directions: Below are a dozen statements about how alcohol affects a person's brain activities. Some of these are misconceptions, or mistaken beliefs. Do you know which are true and which are false? Circle TRUE or FALSE for each statement.

1. Alcohol is a stimulant.

TRUE FALSE

2. Under the influence of alcohol, everything may appear to be fuzzy; drinkers may slur their words and have difficulty hearing, tasting, and smelling.

TRUE FALSE

3. Under the influence of alcohol, a drinker's ability to think, speak, and move may slow way down.

TRUE FALSE

4. Under the influence of alcohol, drinkers are usually calm, thoughtful, and easygoing.

TRUE FALSE

5. Drinking alcohol over a long period of time may damage a person's self-control and ability to plan, think, and make decisions.

TRUE FALSE

6. Alcohol does not affect memory.

TRUE FALSE

7. Alcohol may make it difficult for drinkers to keep their balance or hold on to things.

TRUE FALSE

8. Under the influence of alcohol, a drinker may be emotional and weepy.

TRUE FALSE

9. Alcohol will help a person sleep.

TRUE FALSE

10. Drinking alcohol will help a person lose weight.

TRUE FALSE

11. People attending a winter football game should drink alcohol to keep warm.

TRUE FALSE

12. The more alcohol people drink, the hungrier and thirstier they will become.

TRUE FALSE