

Part I: Alcohol

- I. Alcohol Abuse
 1. Mental dependence
 2. Physical Dependence
 3. Tolerance- increased dosage to achieve the same effect
 - i. *** A hard-core alcoholic has ALL of these
 4. Alcoholism- is a disease which there is physical and psychological dependence on alcohol.
- II. Ripple Effect
 1. #1 drug problem
 2. 12-18 Million alcoholics in the US
 3. Usually, alcohol abusers affect 4 more people
- III. Statistics
 1. 1 of 13 adults have a drinking problem
 2. Alcohol implicated in:
 - i. 50% of all homicides
 - ii. 40% of all fatal car accidents
 - iii. 40% of all crimes
 - iv. 33% of all suicides
 - v. Large proportion of drownings, snowmobile and boating accidents
 3. 13 ½ million abusers(6% of the population) and \$185 billion in government costs
 4. 90% of abusers in denial; ¼ of the families affected
 5. On a College Campus: 25% of population is alcohol dependent, 1400 deaths per year, 2000 rapes, 50000 injuries (Based on 2004 stats)
 6. Alcohol related traffic deaths under 21: 7 deaths a day
- IV. Effects of alcohol on the brain
 1. 50-100 brain cells die during intoxication
 2. Can lead to alcohol psychoses (for heavy drinkers)
 3. 1st area depressed is the cerebrum (memory management, judgment, feelings)
 4. Increased alcohol intake = increased depression on CNS (central nervous system)
 5. Blackout- a period in which a person cannot remember what happened
- V. Alcohol and others:
 1. Enabler- a person who knowingly or unknowingly supports the harmful behavior of another person
 2. Codependence- a mental disorder in which a person denies feelings and copes in harmful ways
 3. Denial- refusing to admit a problem
- VI. Alcohol and you:

1. AA (Alcoholics anonymous)
 2. NA (Narcotics anonymous)
 3. Alanon/Alateen
 4. MA (Marijuana Anonymous)
 5. Open meetings (Normal people can observe)
 6. Closed meetings (only problem people)
- VII. Knowing Alcohol:
1. Proof- twice the amount of alcohol percent in a beverage
 - i. 5 proof= 10% alcohol
- VIII. Mixing alcohol:
1. EXTREMELY DANGEROUS
 - i. Even with similar beverages
 - ii. Sleeping pills + Alcohol= death
 2. Synergistic Effect -> mixing drugs have a MULTIPLYING effect (not adding) on the brain
- IX. Your Body and Alcohol:
1. Safety Features of your body against alcohol:
 - i. Vomit
 - ii. Passing out
 2. The morning after:
 - i. Symptoms of a Hangover:
 1. Nausea (caused by Congeners- everything in a drink other than ethyl alcohol)[affected by the source of sugar]
 2. Fatigue- low blood sugar, exhausted from lack of sleep
 3. Thirst- dehydration, anti- diuretic? effect: kidneys filter out too much fluid
 4. Dizziness- Alcohol depresses the balance, lack of oxygen
 5. Headache- Cells around the brain are injured because alcohol pushes H₂O out of the brain cells, and they start to regain water and hurt
- X. Digestion
1. Your liver works about 1 drink per hour for a 165 pound (average) person
 - i. 1 beer an hour
 2. Alcohol is NOT digested- it goes STRAIGHT to the bloodstream
- XI. Legal:
1. DWAI
 - i. Driving while ability impaired
 1. Less severe punishment
 2. .05
 2. DWI
 - i. Driving while influenced
 1. Extreme punishment
 - a. (by law and insurance lol)
 - b. .08
 3. Zero tolerance policy
- XII. Your relationship to drugs:

1. Abstinence
2. Appropriate
3. Abuse
4. Addiction
 - i. Binge Drinking:
 1. For males defined as 5+ drinks in one sitting
 2. For females, defined as 4+ drinks in one sitting

XIII. More Stats:

1. Over 1 million injuries per year
2. 2:1 male to female ratio of deaths
3. 44% of highway deaths: 16-24 years old
4. Most are in DENIAL

XIV. If a friend had too much to drink- what to do and what to look for:

1. Signs of alcohol poisoning:
 - i. Cold, clammy, bluish skin
 - ii. Breathing slowly
 - iii. Incoherent speech
 - iv. Passing out or semi- conscious
 - v. Vomiting, vomiting while sleeping
 - vi. Consumed a lot of alcohol in a short amount of time
2. What to do:
 - i. Call 911
 - ii. Stay with them
 1. Make sure they don't choke on their own vomit
 - iii. Don't let them sleep it off
 - iv. Tell the paramedics that it was an alcohol overdose- be specific on what drinks, how many, etc