

## **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. 1<sup>st</sup> 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 H<sub>2</sub>O 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 the sleep it off
  - iv. Tell the paramedics that it was an alcohol overdose- be specific on what drinks, how many, etc