

ALCOHOL

What do you really know??



ALCOHOL

What is alcohol?

WHAT IS ALCOHOL?

Ethyl alcohol, or ethanol, an intoxicating ingredient found in wine, beer, and liquor. Produced by yeast, sugars and starches.

ALCOHOL

What are the 3 main
types of alcohol?

3 TYPES OF ALCOHOL

BEER – serving size is (3-6% alcohol)
fermented from grains

WINE – serving size is (12-14% alcohol)
fermented from fruit

LIQUOR – serving size is (40-50%
alcohol) distilled and boiled off from
grains, fruits, rice, or vegetables.

ALCOHOL

What is the standard serving size
for each type of alcohol?

WHAT ARE THE STANDARD SIZES?

- Beer = 12 oz.
- Wine = 4-5oz.
- Liquor = 1.5 oz



SOLO CUP STANDARD

.....

Did You Know: The Lines on a Solo Cup are Measurement Marks



ALCOHOL

What does BAC stand for

AND

how is it used with alcohol?

What does BAC stand for? How is it used with alcohol?

**BAC = blood alcohol
content/concentration**

What is it?

% of alcohol in the body

0.08 BAC = legal driving limit

10% alcohol in the body

ALCOHOL

What are the two main factors
that affect your BAC?

Factors affecting BAC?

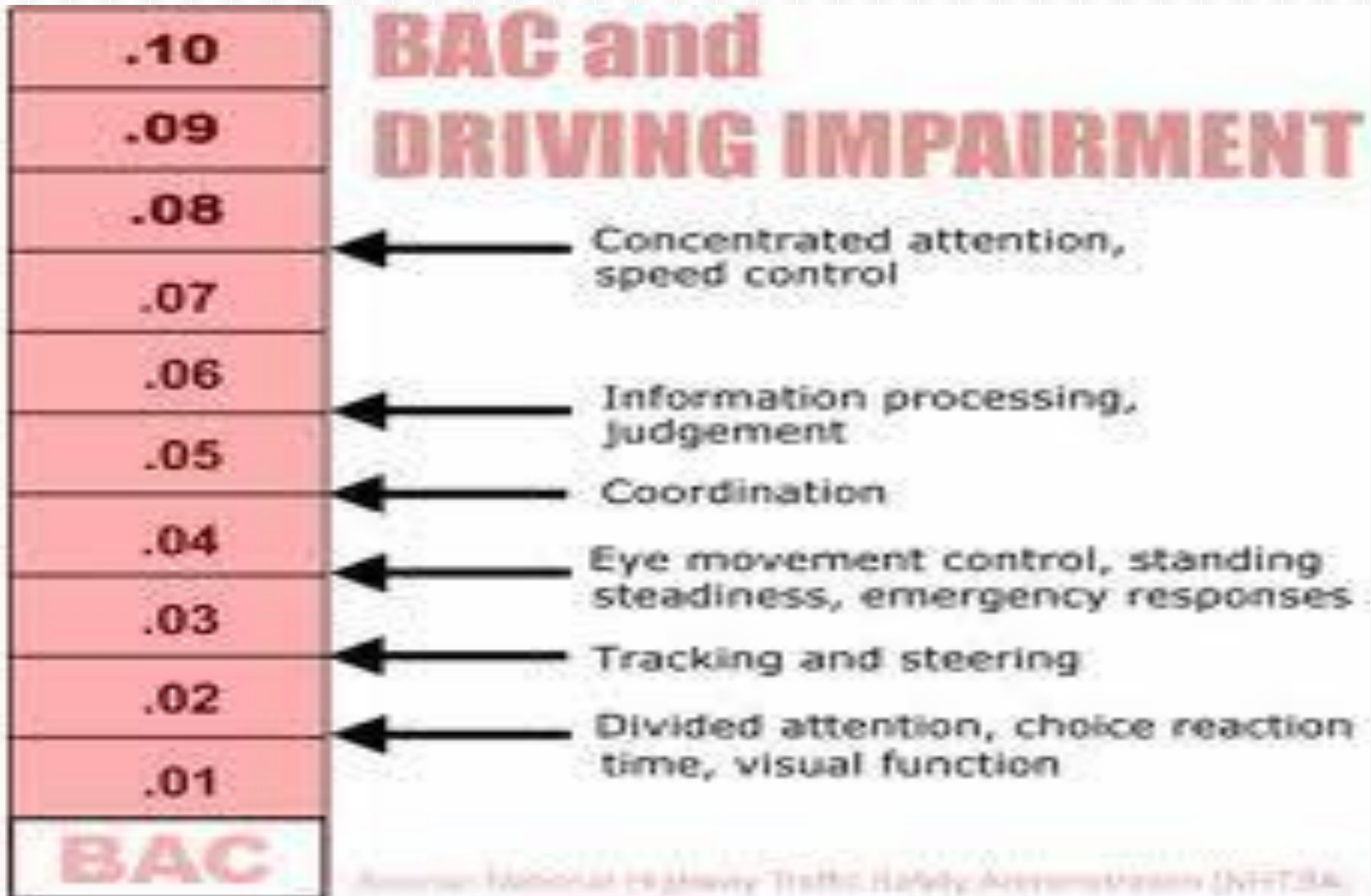
1. GENDER

2. WEIGHT

Others:

- Age
- Race/ethnicity
- Physical condition (weight, fitness level, etc.)
 - Amount of food in the stomach
 - How quickly alcohol is consumed
 - Use of drugs/prescription medicine
 - Family history

BAC AND DRIVING



ALCOHOL

How many hours does it take
to process **ONE** standard drink?

How many hours does it take
to process one drink?

2

ALCOHOL

When your brain is affected by alcohol,
what skills do you lose?

What skills are affected in your brain by alcohol?

- Affects thought processes, leading to poor judgement and decision making
- Uncoordinated and poor muscle movement
- Gross motor skills and reaction time decrease
- Slurred speech
- Experience memory loss/blackout
- May have exaggerated states of emotion
- Loss of consciousness
- Death

ALCOHOL

SHORT-TERM and LONG-TERM

effects of alcohol on the brain...

EFFECTS ON THE BRAIN...

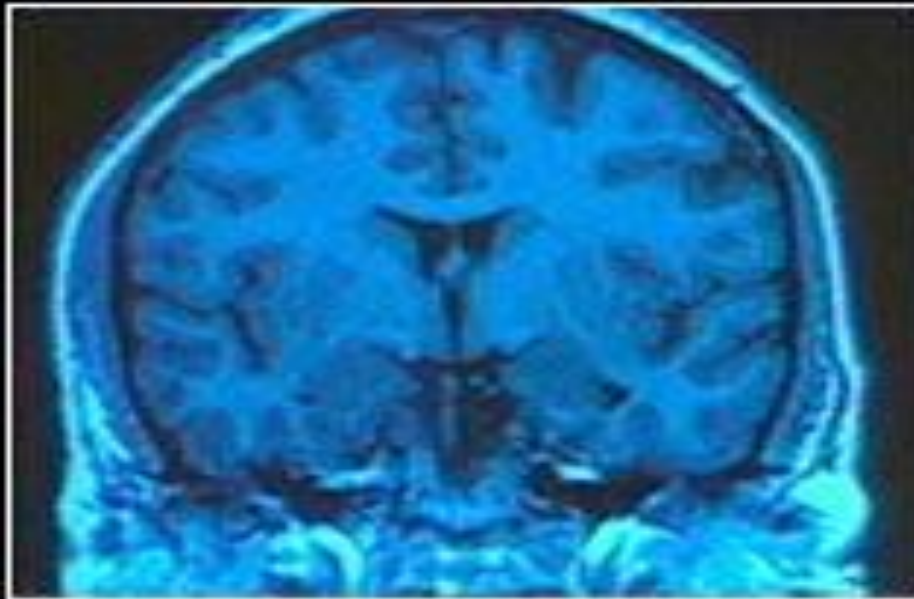
SHORT TERM:

- Slurred speech
- Mental confusion
- Blurry/double vision
- Poor muscle control
- Lack of judgement
- Blackouts
- Dizziness
- Poor decision making skills
- Poor judgement
- Abnormal behavior

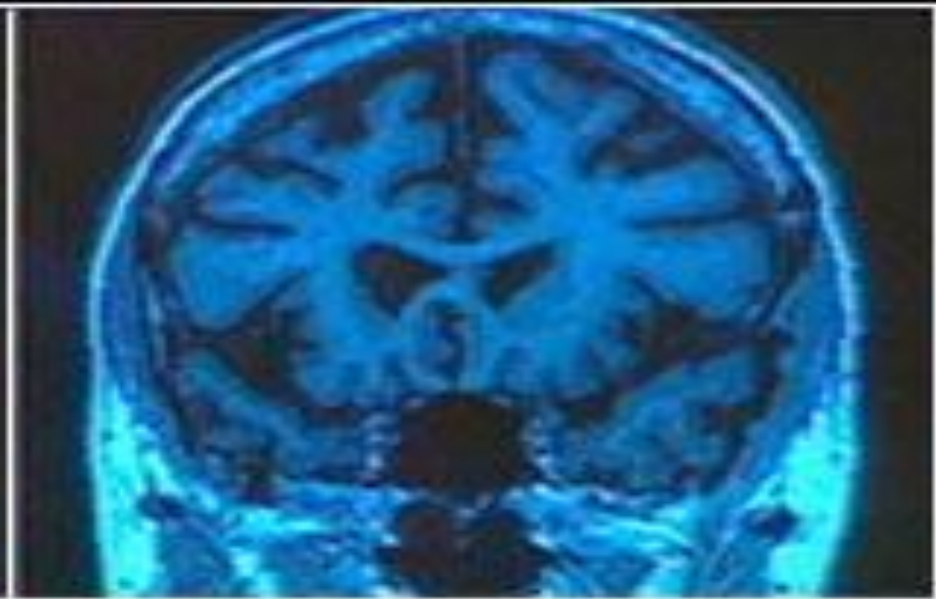
LONG TERM:

- Bad decision-making
- Memory loss
- Shrinking of hippocampus (controls memory and emotions)
- Damage the brain growth in adolescents
- Permanent brain damage
- Increased blood pressure
- Death

BRAIN DAMAGE DUE TO ALCOHOL



Normal
43-year-old



Alcoholic
43-year-old

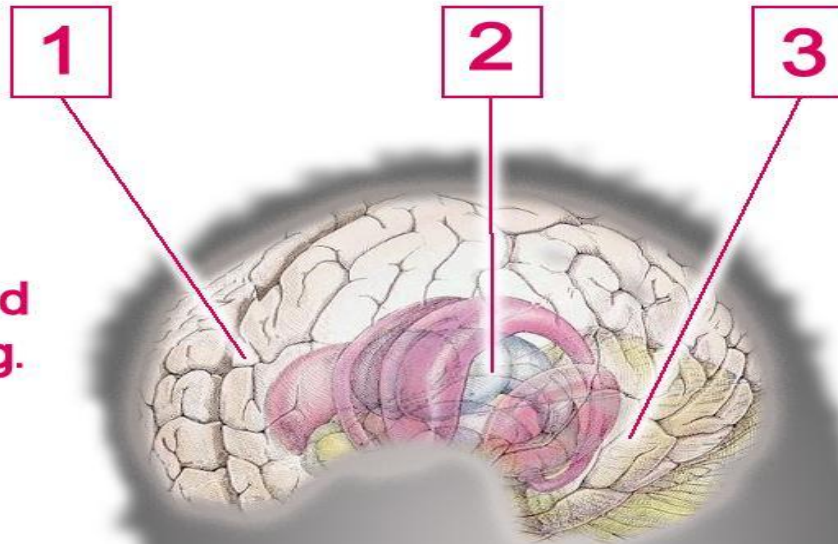
EFFECTS ON THE BRAIN

HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

1. First, alcohol affects the forebrain and **assaults motor coordination and decision making.**

2. Then, alcohol knocks out the midbrain, and you **lose control over emotions and increase chances of a blackout.**



3. Finally, alcohol batters the brainstem as it **affects heart rate, body temperature, appetite and consciousness,** a dangerous and potentially fatal condition.

EFFECTS ON THE BRAIN

.....

A video to help you understand the effects on the brain. Research has proven that it does take 2 hours for your body to process an alcoholic beverage but the video says 1.

<http://www.youtube.com/watch?v=zXjANz9r5F0&feature=related> – Australian video on drinking and brain

ALCOHOL

The Liver Functions Is...

Liver Function

Cleanses the body of toxins. When alcohol is in the blood, the liver tries to rid the bloodstream of it.

AFFECTS ON THE LIVER

SHORT-TERM and LONG-TERM

affects of alcohol on the liver...

EFFECTS ON THE LIVER...

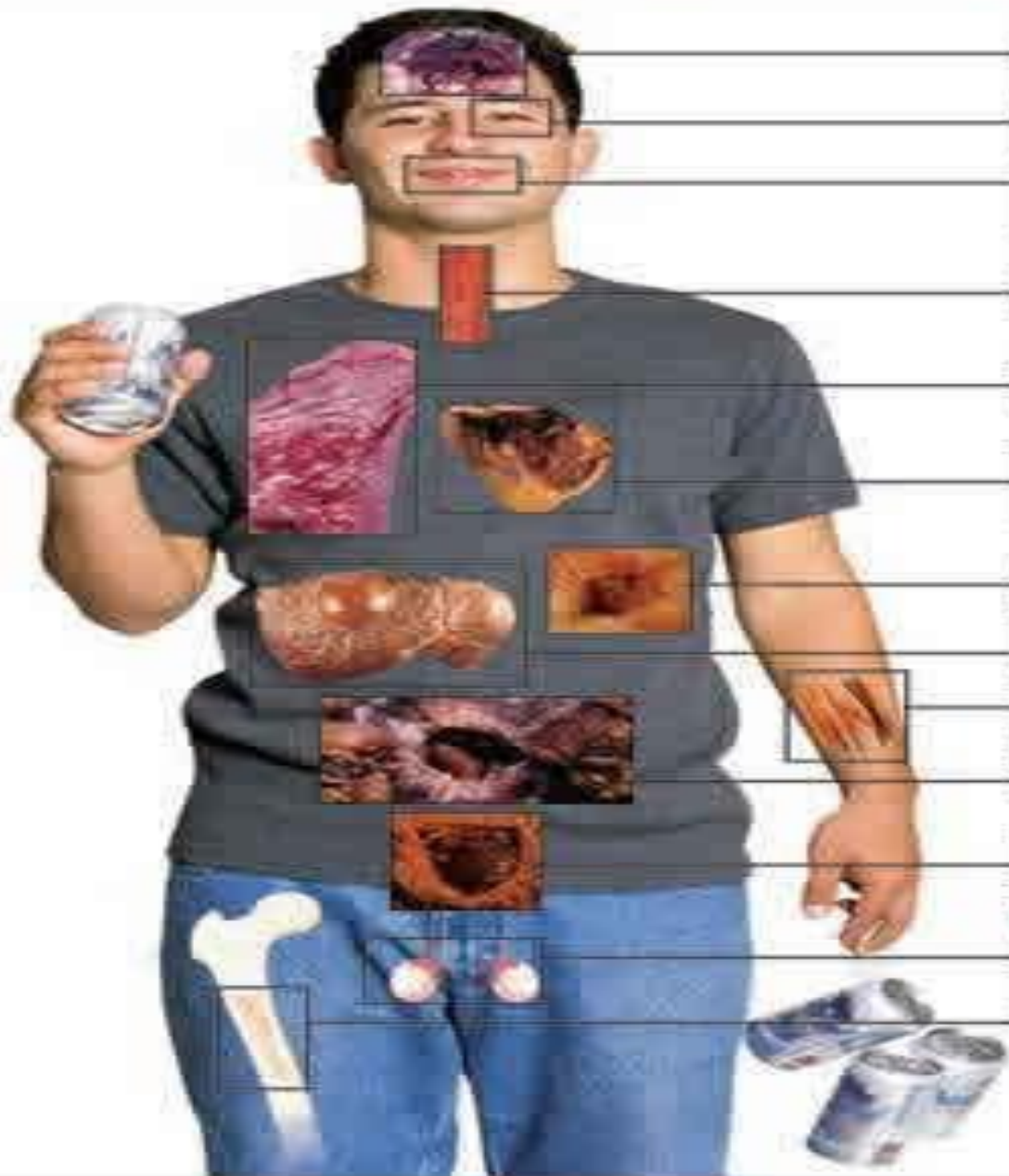
SHORT TERM:

- Fatty Liver
- Interferes with ability to break down fats

LONG TERM:

- Fatty Liver
- Liver cancer
- Cirrhosis of Liver
(scar tissue replaces functioning liver cells)
- Damage of the Liver
- Hepatitis

ALCOHOL



HARMFUL EFFECTS

**BRAIN DAMAGE
ADDICTION &
STROKE**

**BLURRED
VISION**

**SLURRED
SPEECH**

**BLEEDING
THROAT**

**BREATHING
MAY STOP**

**HEART DISEASE
IRREGULAR
HEART BEAT**

**STOMACH
ULCERS**

**LIVER DISEASE
LIVER FAILURE**

**MUSCLE
WEAKNESS**

**INTESTINAL
CANCER**

**INTESTINAL
ULCERS**

**IMPOTENCE (MEN)
& INFERTILITY
(WOMEN)**

OSTEOPOROSIS

ALCOHOL AND ATHLETICS

- Consequences of being caught at a party and if you are drinking alcohol.
- Effects heart rate, lactic acid/muscle performance, and respiratory/ventilation levels.
- Drinking to intoxication can negatively effect your training for **14 DAYS!**
- Reaction time can be affected even 12 hours after consumption.
- Twice as likely to become injured.
- Drinking alcohol after competition hinders recovery.

ALCOHOL DVD

TOO MUCH: The Extreme Dangers of Binge Drinking

- **Write down two items of information that you learned from this DVD.**
- **We will share after the video and discuss the DVD.**

ALCOHOL

What is

Binge Drinking?

What is binge drinking?

Defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or more.

This pattern of drinking usually corresponds to:

- 5 or more drinks on a single occasion for men or
 - generally within about 2 hours
- 4 or more drinks on a single occasion for women,
 - generally within about 2 hours

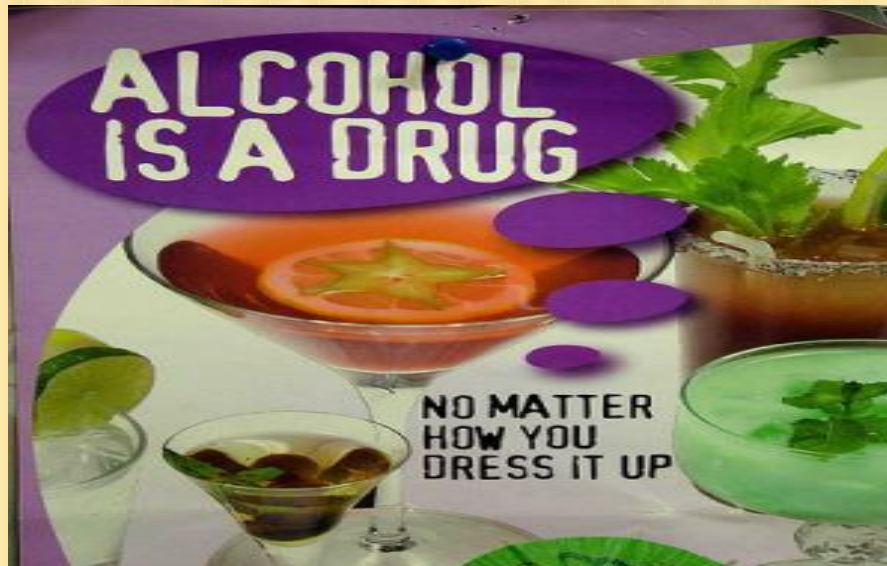
ALCOHOL

What is

ALCOHOL POISONING?

What is alcohol poisoning?

When a person has consumed a toxic amount of alcohol, usually over a short period of time. It can be life-threatening and requires immediate medical attention.



ALCOHOL

BRAINSTORM

3 signs/symptoms of

Alcohol Poisoning...

Signs/Symptoms of Alcohol Poisoning

- Vomiting
- Incoherent
- Unconscious or semiconscious and cannot be wakened
- Cold, clammy, pale or bluish skin
- Not breathing
- Breathing irregularly (10 or more seconds between breaths)
- Mixed alcohol with other drugs
- Unresponsive
- Trouble walking, talking or standing
- Having difficulty breathing



ALCOHOL

BRAINSTORM the proper steps of
caring for someone suspected
of Alcohol Poisoning...

Proper steps to care for someone with alcohol poisoning

- Stay calm
- Remain with the victim
- CALL 911
- Lay victim on side in case of vomiting
- Be prepared to perform CPR
- Tell medics or adult victims symptoms
- Tell medics/others how much the person had to drink
- Prompt action may save a life

0.20 BAC and above is lethal!!



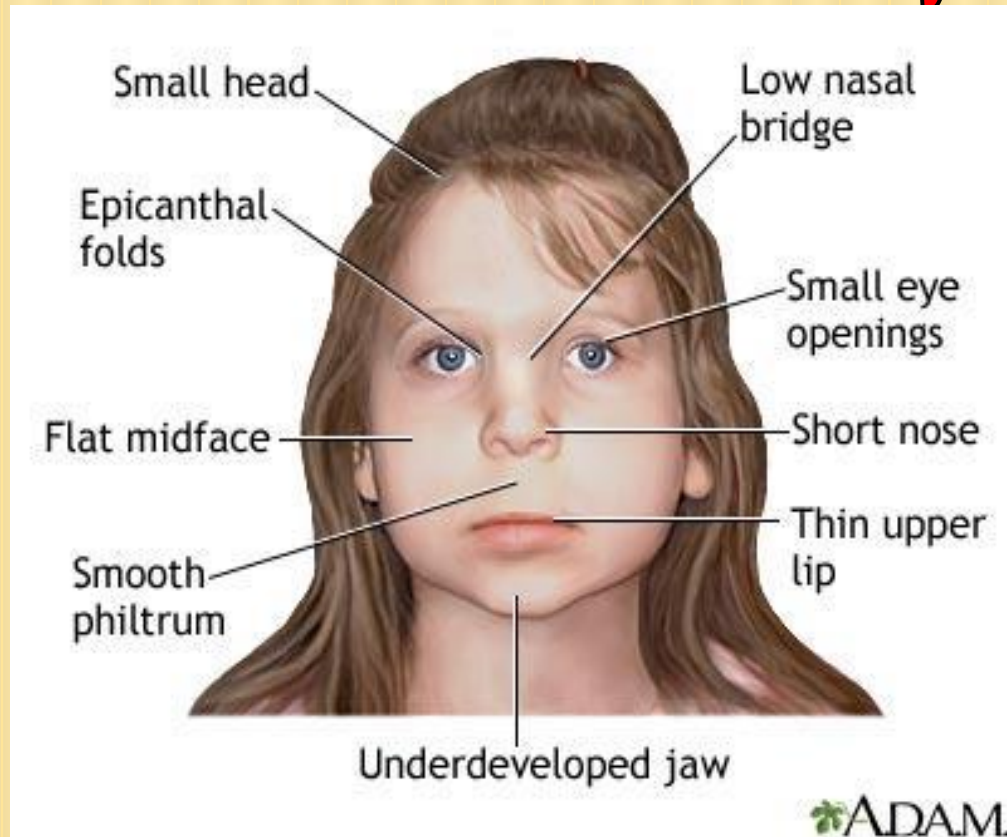
He's sleeping it off

Sleeping it off doesn't sober you up. Even after a person passes out, blood alcohol content continues to rise. The only thing that reverses the effects of alcohol is time—something a person with alcohol poisoning may not have.

Get your friends medical help or you may live to regret it.

ALCOHOL

What is Fetal Alcohol Syndrome?



What is Fetal Alcohol Syndrome?

FAS:

- A group of conditions that occur to a child when their mother drank during pregnancy
- Can be physical, mental and/or behavioral (learning)
- **NO AMOUNT OF ALCOHOL IS OK TO DRINK WHILE PREGNANT!**
- Those who are trying to become pregnant should avoid alcohol as well
 - ***100% PREVENTABLE!***

What is Fetal Alcohol Syndrome?

FAS is a combination of

- irreversible physical and mental birth defects
- abnormal facial features
- growth deficiency
- learning disabilities
- behavioral problems
- emotional problems
- joint and heart problems

ALCOHOL

What is

ALCOHOLISM?

What is ALCOHOLISM?

DEPENDENCY ON ALCOHOL:

- Strong craving for alcohol
- Continued use despite repeated physical, psychological, or interpersonal problems.
- The inability to limit drinking

ALCOHOL AND THE LAW

HOW MUCH DO YOU
THINK AN
UNDERAGE
DRINKING
VIOLATION COSTS??

\$\$UNDERAGE DRINKING\$\$

.....

1st offense

\$116 -fine

\$250 -class

\$28 -court

3rd Offense \$177 -fine

Sent to contempt at Brown County Jail. If the fine is not paid, the person's drivers, hunting and fishing licenses are revoked until age 25.

\$OPERATING WHILE INTOXICATED\$

Drinking/Driving (any age)

1st OFFENSE:

\$817 - fine

\$750 - school/class

\$500 - car device installation

\$75 - device rental

\$300 - insurance doubled

= \$2442

+ \$155/hour for lawyer

+ work off

*****If under 16, judge has option to revoke license or not**

*****If above 16, license will be revoked**

****\$1,332 w/ passenger under 16 (if drinking and driving)**





ALCOHOL-RELATED TRAFFIC FATALITIES

Percentage of traffic deaths involving at least one vehicle operator with a blood-alcohol content of .08% or more



Source: National Highway Traffic Safety Administration

2010

WHERE TO GET HELP!

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- Crisis Center 436-8888
- National Drug and Alcohol Treatment Referral Hotline 1-800-662-HELP
- National Council on Alcoholism and Drug Dependence 1-800-622-2255
- Internet Sources
- Libertas Treatment Center
- School Counselors, Teachers, Parents, Friends, etc.

ALCOHOL IN YOUR FAMILY

Living with an alcoholic, relative that is an alcoholic, etc.

- 1 in 4 children live with an alcoholic parent.
- You are not responsible for your parent's drinking.
- You do not have the power to change your parent.
- Don't make excuses for your alcoholic parent.
- Don't put yourself in danger.
- Don't go through it alone. Talk to someone!
- Realize that you can choose NOT to follow in your parent's footsteps.
- Realize that alcoholism is a disease.

If your parent stops drinking, all problems will not disappear overnight