Alcohol Notes Ch 21

* Alcoholic beverages contain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (that is the type of alcohol in them)
	+ Ethanol is produced from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of fruits, vegetables, and grains. That is the action of yeast on sugars.
	+ The Ethanol is mixed with water, flavorings, and minerals to create specific tastes.
	+ Alcohol is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		- Drug that slows down the central nervous system (heart and breathing rate, thought process, dialates blood vessels)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* The state in which the body is poisoned by alcohol or another substance and the person’s physical and mental controls significantly reduced.
* It also lowers inhibitions, which can set one up for dangerous or embarrassing behavior. Alcohol is a drug and is only legal for people over the age 21.

Factors that Influence Alcohols Effects

* Food
* Rate of Intake
* Medicine

Medicine and Alcohol

* Alcohol can change the effect of medicines, which can lead to illness or death. There are warning labels for a reason.
* Body absorbs the alcohol or drug more slowly causing it to stay in the body longer.
* It can increase or decrease the effectiveness of the drug.
	+ Enzymes in the body can change some medicines and it can cause organ damage

Alcohol’s Effects

* Alcohol affects every part of the body. It is carried through the bloodstream to the brain, stomach, internal organs, liver, kidneys, muscles--everywhere. It is absorbed very quickly (as short as 5-10 minutes) and can stay in the body for several hours.
* Alcohol affects the central nervous system and brain. It can make users loosen up, relax, and feel more comfortable or can make them more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Long Term Effects:

(List 3)

Long Term Social Effects:

* Damage to relationships with loved ones (friends, family) can be life long.
* A lot of people who are drinking say things they don’t mean, that is no excuse and doesn’t make the person they are saying it to not feel the pain of those hurtful words any less.

Binge Drinking:

* Drinking \_\_\_\_\_\_ alcoholic drinks at one sitting.
* It can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- a severe and potentially fatal physical reaction to an alcohol overdose.
	+ People can choke and die on their own vomit because alcohol has depressed the involuntary action of the gag reflex.

Poisoning and Death

* According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 2.6 million young people do not know that a person can die of an overdose of alcohol. Alcohol poisoning occurs when a person drinks a large quantity of alcohol in a short amount of time.

A standard drink is:

* One 12-ounce bottle of beer or wine cooler
One 5-ounce glass of wine
1.5 ounces of 80-proof distilled spirits.
	+ All of these have the **SAME** amount of ethanol in them.

Health Hazards

* People who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who wait until age 21. Each additional year of delayed drinking onset reduces the probability of alcohol dependence by 14 percent.
* Adolescents who drink heavily assume the same long-term health risks as adults who drink heavily. This means they are at increased risk of developing cirrhosis of the liver, pancreatitis, hemorrhagic stroke, and certain forms of cancer.
* Adolescents who use alcohol are more likely to become sexually active, which places them at greater risk of HIV infection and other sexually transmitted diseases.
* One study showed that students diagnosed with alcohol abuse were four times more likely to experience major depression than those without an alcohol problem.
* Alcohol use among adolescents has been associated with considering planning, attempting, and completing suicide

Factors that Influence Use:

* Media Messages
	+ Can you think of an example for this one??

The Law

* It’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for anyone under 21 to buy, possess, or consume alcohol.
* Consequences vary, it can also make your college major unattainable because you have alcohol use in your record.

Alcohol Abuse

* Excessive use of alcohol. It’s estimated that 25% of all youth are exposed to this within their families.
	+ Economic hardship
	+ Mental illness/physical problems.

Fetal Alcohol Syndrome

* Caused when a mother chooses to drink alcohol while she’s pregnant. It causes a huge risk in having a baby with FAS.
	+ Birth defects caused from alcohol use.
	+ Small head, deformed hands, feet, face
	+ Vision and hearing problems
	+ Heart, liver, kidney damage
	+ Hyperactivity, Learning difficulty.
		- It’s 100% PREVENTABLE!!!!!! DON’T DRINK WHILE PREGNANT!!!