

ALCOHOL

MOST USED AND ABUSED DRUG IN OUR SOCIETY



oooooooo

DEFINITIONS

- INTOXICANT IS ETHYL ALCOHOL (ETHANOL)
- FERMENTATION UNTIL 14% ALCOHOL
- DISTILLATION:
 - CONDENSED AND MIXED WITH WATER TO INCREASE ALCOHOL
- PROOF: ALCOHOL IS 50% OF THIS
- BINGE DRINKING
 - 5+ DRINKS ON AN OCCASION
 - MOST LIKELY TO OCCUR IN AGES 15-24
- GAMES, PEERS, ATTITUDE, SOCIAL SKILLS



oooooooo

ABSORPTION & BREAKDOWN



■ ABSORPTION DEPENDENT ON:

AMOUNT	BODY SIZE
FOOD CONSUMED	MOOD
TOLERANCE	TIME
CARBONATION	PROOF



■ 0.5 OZ/HR WHICH IS EQUAL TO:

- 12 OZ OF 5% BEER,
- 5 OZ OF 12% WINE
- 1.5 OZ OF 40% LIQUOR



■ ALCOHOL IS METABOLIZED IN LIVER

oooooooo

EFFECTS OF ALCOHOL

oooooooo

ALCOHOL...AN OVERVIEW



- 85% OF STUDENTS CONSUME IT
- 20%-25% ABUSE IT
- AVE... 5 DRINKS PER WK (34 GALS./YR)
- 42% HAD A "DRINKING BINGE"
 - CONSUMING 5 OR MORE DRINKS ON ONE OCCASION IN THE PAST 2 WEEKS
- UNPLANNED SEX
 - 23% MALES & 14% FEMALES
- 1 IN 40 WILL DIE W/ ALCOHOL PROBLEM

oooooooo

CONSEQUENCES


- 40% OF ALL ACADEMIC PROBLEMS
- OVER 25% OF THE DROPOUTS
- HANGOVERS, ILLNESS, STD'S,
- DANGEROUS ACTIVITIES, VIOLENCE
- HARMFUL INTERACTION WITH OTHER DRUGS
 - ANTIBIOTICS, ANTIHISTAMINES, ASPIRIN, DEPRESSANTS, ETC.



oooooooo

- 50% OF TRAFFIC ACCIDENTS
- 2/3 COLLEGE STUDENTS HAVE
DRIVEN DRUNK
- 2/5 OF ALL AMERICANS WILL BE
IN ALCOHOL-RELATED
ACCIDENT
- BAC OF .10 = 10X CHANCE OF
ACCIDENT
- BAC OF .15 = 25X CHANCE OF
ACCIDENT



- **NERVOUS SYSTEM**
 - **DAMAGE TO LEFT SIDE...LANGUAGE, LOGIC, MEMORY**
 - **CARDIOVASCULAR**
 - **BENEFITUAL IN MODERATION**
 - **1-2, 2-3 DAYS A WEEK**
 - **LIVER DISEASE (CIRRHOSIS)**
 - **CANCER**
 - **STOMACH, LIVER, ESOPHAGUS, BREAST**
 - **NUTRIENT DEFICIENCY**
 - **IMMUNE PROBLEMS**
- 
- ooo



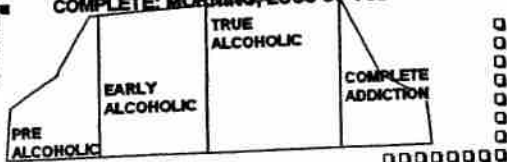
- **HARMFUL TO FETUS**
 - **FETAL ALCOHOL SYNDROME**
 - **ESP. 1st TRIMESTER**
 - **3RD MOST COMMON BIRTH DEFECT**
 - **2ND MOST COMMON - MENTAL RETARDATION**
 - **SMALL HEADS, BRAIN, HEART, DEVELOPMENT**
- **PASSED VIA BREAST MILK**

- **HIGHER RATES IN FAMILIES...4 TO 5 TIMES MORE COMMON**

- **TYPE 1**
 - ONE PARENT WAS PROBLEM DRINKER - DRINKING ENVIRONMENT
- **TYPE 2** =
 - IN MALES ONLY & BIOLOGICAL SONS OF ALCOHOLIC FATHERS
- **1 PARENT ALCOHOLIC - 52%**
- **2 PARENTS ALCOHOLIC - 71%**
- **HEREDITY AND ENVIRONMENT**
- **1 IN 10 DEVELOP & 25% AFFECTED**

■ STAGES OF ADDICTION

- PRE: SOCIAL & ESCAPE DRINKING
EARLY: BLOCKOUTS
TRUE: LOSS OF CONTROL AFTER 1ST DRINK
COMPLETE: MORNING LOSS OF TOLERANCE



WE ALL PAY!



- \$150 BILLION
 - CRIMES, MEDICAL, ACCIDENTS, TREATMENT
- ALCOHOLISM CAUSES
 - 25% OF MEDICAL EXPENSES & LOST EARNINGS
- 50% OF ALL ABUSE CASES
- 1 OF 8 OF US COME FROM AN ALCOHOL ABUSIVE FAMILIES.

- UNABLE TO STOP AFTER STARTING
- DRINK TO GET MOTIVATED
- BLACKOUTS
- DRINK ALONE
- OTHERS CRITICAL OF YOUR DRINKING
- "CONFLICTS" WHILE DRINKING
- DO THINGS DRUNK YOU WOULDN'T SOBER



0000000000

- DESTROYED OR DAMAGED PROPERTY
- DRIVE WHILE DRUNK
- PHYSICALLY HURT WHILE DRUNK
- TROUBLE WITH LAW
- MISSED CLASSES OR POOR TESTS
- CONSIDER HOW TO DRINK DIFFERENTLY TO RECOVER THE WAY IT MADE YOU FEEL AT AN EARLIER TIME
 - MIX IT DIFFERENTLY - ETC

0000000000

- FAMILY'S ROLE (INTERVENTION)
- FAMILY, INDIVIDUAL, GROUP, DRUG THERAPY
- ALCOHOLICS ANONYMOUS (AA)
- TOUGH LOVE - DON'T ENABLE
- TARGET BEHAVIOR - NOT PERSON
- RELAPSE
 - 100 IN TREATMENT
 - 33 SOBER A YEAR LATER
 - 1-2 SOBER 5 YEARS LATER

□□□□□□□□

IF YOUR FRIEND WENT OUT AND ATE
A SIX PACK OF GREEN BEANS EVERY NIGHT
WOULD YOU TALK TO HIM OR HER
ABOUT IT?

