

Alcohol is our culture's "drug of choice" for relaxation and social pleasure. At light and moderate levels it is tolerated well by adults. However alcohol becomes a toxin at heavy and binge levels and can become addictive with chronic use. For these reasons we must study about the dangers of alcohol and learn proper use of this important social drug.

Notes from Mr. Brown:

B.A.C. = Blood Alcohol Concentration

- .05 – relax (100.05)
- .08 – light buzz – release inhibitions – slows reactions
- .10 – poor reactions – acting out behavior – drunk driving
- .15- Toxic – drunk
- .20 – Staggering
- .30 – pass out
- .40 – coma and death

EFFECTS OF ALCOHOL		
Amount of beverage	Concentration of alcohol in bloodstream	Typical effects
1 cocktail (1½ oz. whiskey) 1 glass (5½ oz.) wine 1 bottle (12 oz.) beer	0.03%	Slight changes in feeling, may affect judgment or physical coordination.
2 cocktails 2 glasses (11 oz.) wine 2 bottles beer	0.06%	Reaction time slowed, slight decrease of fine skills, less concern with minor irritations and restraints.
3 cocktails 3 glasses (16½ oz.) wine 3 bottles beer	0.09%	Diminishment of fine coordination skills, exaggerated emotion and behavior, talkative, noisy, or morose.
4 cocktails 4 glasses (22 oz.) wine 4 bottles beer	0.12%	Impairment of fine coordination, clumsiness, slight to moderate unsteadiness in standing or walking.
5 cocktails 5 glasses (27½ oz.) wine 5 bottles beer	0.15%	Intoxication—unmistakable abnormality of bodily functions and mental faculties.

12oz beer = 5oz wine = 1.5 oz of spirits

Use of Alcohol

- Light – 2 or less drinks per day
- Moderate – 2-4 drinks per day
- Heavy – 4-6 or more drinks per day
- Binge – drink to get drunk every once in a while



Three ways we have problems with Alcohol

1. Cars and Machinery (accidents) – Leading preventable cause of death!
2. Heavy and regular use causes alcoholism.
3. Binge drinking causes toxic reaction to overdose

Vocabulary terms:

ethanol

fermentation

intoxication

depressant

BAC – Blood Alcohol Concentration

designated drivers

fatty liver

cirrhosis

fetal alcohol syndrome

CNS – central nervous system

oxidation

hepatitis

tolerance

dependence

withdrawal

synergistic effect

fetal alcohol syndrome

binge drinking

alcohol poisoning

alcoholism

DT – delirium tremens

stages of alcoholism (one, two, three)