

# Alcohol and College

What Students Need to Know.

# What is Binge Drinking?

- The consumption of an excessive amount of alcohol in a short period of time, usually in order to get drunk

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# Binge Drinking



# How Much is One Drink?

- A drink is measured by the % alcohol content in a certain amount of that type of alcohol.
- Standards:
  - One beer = 12 oz.
  - One glass of wine = 5oz.
  - One shot of 80 proof liquor = 1.5oz.
- \*Different beers may have different alcohol content. Wine coolers may also have a higher alcohol content than other alcoholic beverages.

# Standard Drinks



# What is BAC?

- BAC is the **Blood Alcohol Content** or the amount of alcohol present in your blood as you drink. (mg of alcohol per ml of blood)
- As your BAC rises, so does your level of drunkenness and the effects of the alcohol on behavior



# Tolerance

- Tolerance refers to the need to use more of the drug, in this case alcohol, in order to feel the effects.
- Your body becomes used to the drug, from frequent use, and doesn't produce the same effect from smaller amounts.
- However, **BAC is not affected by tolerance.** Your BAC will still rise, and become quite high/toxic, the more alcohol you consume.

# Withdrawal

- Alcohol, like other drugs, has physical symptoms when the drug stops being used
- The common hangover has symptoms like headache, nausea, dehydration, and the shakes similar to the symptoms of withdrawal from narcotics, like heroin, and depressants, like tranquilizers.

# Alcohol Poisoning

- Alcohol poisoning occurs when the body has taken in more alcohol than it can safely metabolize over a period of time.
- Levels of alcohol in the body reach “TOXIC” or poisonous levels and cause an adverse reaction from internal organs such as the liver, kidneys, and heart.

# Alcohol Poisoning

- Alcohol is a depressant. This drug slows down breathing, heart rate, blood pressure, gag reflex etc. As these functions are slowed, the body begins to shut down and major organ failure can occur.
- If the gag reflex is paralyzed, a person cannot vomit and may choke.
- Alcohol poisoning is life threatening and can kill you.

# Signs of Alcohol Poisoning

- Person cannot be awakened
- Vomiting
- Seizures
- Slow breathing
- Pale or bluish skin
- Incoherence and confusion

# Some Signs of A Possible Drinking Problem

- Missing classes or work repeatedly due to drinking or hangover
- Getting drunk alone
- Drinking to avoid responsibilities or problems
- Drinking until you pass out
- Other people are concerned about your drinking

# Where Can Someone Get Help?

- Campus Counseling Services
- Community Treatment Services
- Alcoholics Anonymous
- Friends and Family
- Physician
- Coaches
- Health Office