Alcohol Use & Student Concerns

What You Know...
What You Might Not Know...

&

What You Should Know...

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Overview: Stuff you might already know

Binge Drinking

- Excessive pattern of alcohol use
  - Men consume 5 or more drinks in about 2 hours
  - Women consume 4 or more drinks in about 2 hours
- The prevalence of binge drinking among men is higher than women
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers
- About 90% of the alcohol consumed by those under the age of 21 in the United States is in the form of binge drinks
- The proportion of current drinkers that binge is highest in the 18- to 20-year-old group
Overview: Stuff you might already know

Binge Drinking & Health Concerns

- Unintentional injuries (e.g., car crashes, falls, burns, drowning)
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- High blood pressure, stroke, and other cardiovascular diseases
- Liver disease
- Neurological damage
- Poor control of diabetes
## Drinks

What constitutes a drink?

| 12 fl oz of regular beer | = | 8-9 fl oz of malt liquor (shown in a 12-oz glass) | = | 5 fl oz of table wine | = | 3-4 oz of fortified wine (such as sherry or port; 3.5 oz shown) | = | 2-3 oz of cordial, liqueur, or aperitif (2.5 oz shown) | = | 1.5 oz of brandy (a single jigger or shot) | = | 1.5 fl oz shot of 80-proof spirits ("hard liquor") |
|-------------------------|---|------------------------------------------------|---|----------------------|---|----------------------------------|---|--------------------------------------------|---|--------------------------------------------|
| about 5% alcohol        |   | about 7% alcohol                                |   | about 12% alcohol    |   | about 17% alcohol                |   | about 24% alcohol                        |   | about 40% alcohol                         |   | about 40% alcohol                         |
Drinks to be on the Lookout for...

• Whipped Lightning/CREAM
  • Alcohol infused whipped topping
  • Comes in many flavors
    • Not regulated by FDA
    • Quite a bit of alcohol in one “shot” so users do not know how much alcohol they are taking in

• Four Loko
  • Still on the market, in lesser forms
    • Now being used as a form of ethanol to power your car....

• The 40ouncer
  • 40 oz beverages are cheap and easy to obtain
  • Tend to have more alcohol than the average beer (usually 12% or more)

• Mixing Alcohol with other drugs...
BAC effects

0.01-0.05
• average individual appears normal

0.03-0.12*
• mild euphoria, talkativeness, decreased inhibitions, decreased attention, impaired judgment, increased reaction time

0.09-0.25
• emotional instability, loss of critical judgment, impairment of memory and comprehension, decreased sensory response, mild muscular incoordination
BAC Effects

0.18-0.30
• confusion, dizziness, exaggerated emotions (anger, fear, grief)
  impaired visual perception, decreased pain sensation, impaired balance, staggering gait, slurred speech, moderate muscular incoordination

0.27-0.40
• apathy, impaired consciousness, stupor, significantly decreased response to stimulation, severe muscular incoordination, inability to stand or walk, vomiting, incontinence of urine and feces

0.35-0.50
• unconsciousness, depressed or abolished reflexes, (abnormal body temperature, coma; possible death from respiratory paralysis
“Beer Before Liquor…. “

• FALSE!
  • Your BAC determines your level of intoxication and therefore, how sick you will be
• When to consult:
  • The student might tell you they drank a large quantity of alcohol
  • The person told you they were drinking alone and you see an entire empty bottle of alcohol/case of beer
  • The person has difficulty responding to your questions
Myths about Alcohol Use, Abuse & Consumption & When to Ask for Help

“Alcohol does not harm the body”
• FALSE!
  • Large amounts of alcohol cause nausea, vitamin depletion, enzyme imbalance
  • Heavy drinking can inhibit the firing of nerve cells which leads to respiratory depression and death
• When to consult:
  • If you encounter someone “passed out” from drinking
  • You know someone has been drinking and visibly has a difficult time breathing
  • The student has a physical injury
Myths about Alcohol Use, Abuse & Consumption & When to Ask for Help

“I only drink to relax....I’m fine!”

• When stressed, the body absorbs alcohol more quickly
• Stress causes the stomach to empty itself more quickly causing the alcohol to be distributed directly to the small intestine

• When to consult:
  • Slurred speech, unable to stay awake, unable to remain steady on feet, vomiting, unconscious
Myths about Alcohol Use, Abuse & Consumption & When to Ask for Help

“It’s ok if I drink while on medications. I’ll just drink a little less.”

- Most medications have adverse effects when combined with alcohol
  - Can increase the effect of the medication
  - Can decrease the effect of the medication
  - When mixed with certain medications can increase intoxication
  - Can stop liver, kidneys, lungs or heart from functioning
  - Can cause coma or death when mixed with certain medications
- When to consult....
Myths about Alcohol Use, Abuse & Consumption & When to Ask for Help

“I can drink just as much as the guys – so what if I am a girl!”

• Women are generally smaller than men
  • Smaller body size = increased absorption
• Women have about $\frac{1}{2}$ as much of the enzymes needed to metabolize alcohol as men
  • Alcohol stays in system longer
  • When to consult:
    • Unable to respond to questions, unsteady, violent, attempts to continue drinking, unconscious, report of sexual assault
Myths about Alcohol Use, Abuse & Consumption & When to Ask for Help

“If I drink too much, it’s no big deal...I can just get my stomach pumped.”

- FALSE!
  - While unsteady from being intoxicated, can have a physical injury
  - Clearing the contents of one’s stomach is no simple process
  - Alcohol in system is not cleared from system
  - When to consult...
Myths about Alcohol Use, Abuse & Consumption & When to Ask for Help

“It’s just an energy drink….This is not going to hurt me!”

• FALSE!
  • High levels of caffeine increase heart rate & blood pressure
  • Energy drinks are stimulants and alcohol is a depressant
    • Mixed signals sent to brain = cardiac dysregulation
  • Energy drinks & alcohol dehydrate
  • When to consult...