

Alcohol Use & Student Concerns

What You Know...

What You Might Not Know...

&

What You Should Know...

Monica Romeo, LMHC

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 40 ounce
 - 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)

Myths about Alcohol Use, Abuse & Consumption & When to Ask for Help

“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...