

# Alcohol:

## Chapter 9

### Lesson 1

# Alcohol Use and Abuse

## Alcohol: What Is It?

Alcohol is an addictive drug.



**alcohol** A drug created by a chemical reaction in some foods, especially fruits and grains

Alcohol affects a person **physically**, **mentally**, **emotionally**, and **socially**.

# Alcohol Use and Abuse

**Alcohol can lead to a wide range of physical, mental/emotional, and social problems.**

**Poor decision making**

**Losing friends**

**Failing grades**

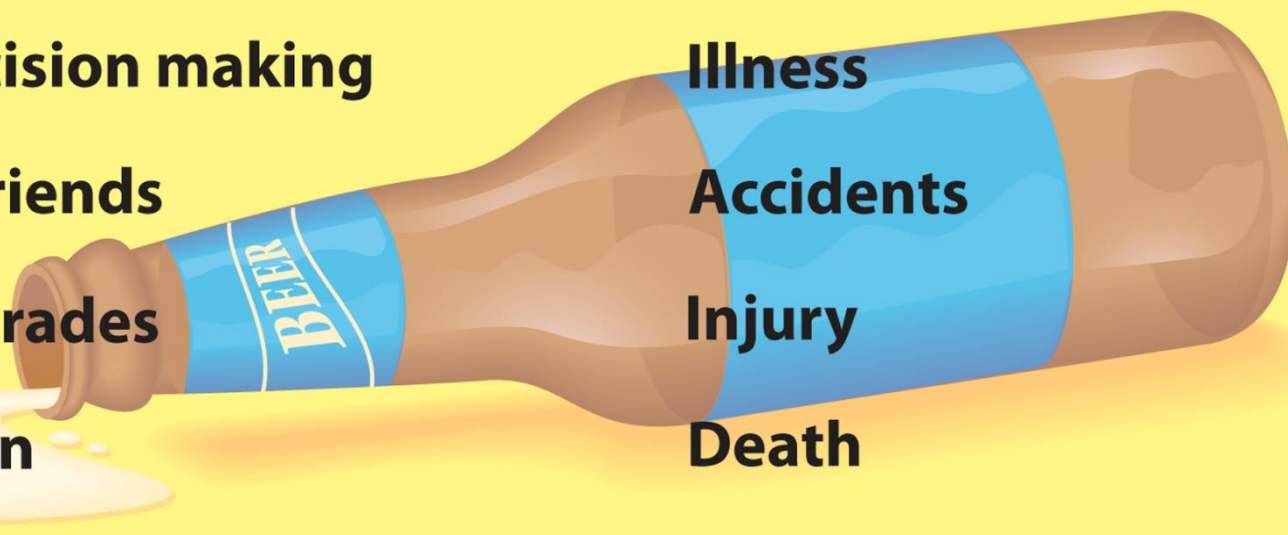
**Addiction**

**Illness**

**Accidents**

**Injury**

**Death**



## Alcohol Use and Abuse

## Forms of Alcohol

**Beer****Wine****Liquor**

Each contain **Ethanol**, which forms when the **sugars** from fruits, grains, or vegetables are **fermented** with **yeast**

## Alcohol Use and Abuse

### The Dangers of Alcohol Use

Alcohol is a **depressant**, a drug that can **slow down** the activity of the **brain** and nervous system.

#### Judgment gets worse

Increases the likelihood that a person will make bad decisions.

#### Loss of control of motor skills

Makes the simple act of walking more difficult.

#### Increased chance of disease or death.

Prolonged use of alcohol over time can lead to disease. Consuming alcohol just once can result in **death** if a person **consumes too much** in a short amount of time.

# Alcohol Use and Abuse

## How Alcohol Affects Individuals

Some people **can drink more** alcohol than others before they become intoxicated.



**intoxicated** Being drunk

A person is intoxicated when he or she **feels the effects** of drinking alcohol.

## Alcohol Use and Abuse

## How Alcohol Affects Individuals

A blood alcohol concentration, or **BAC**, of 0.10 percent means that there is 1 part of alcohol per 1,000 parts of blood.



**blood alcohol concentration** The amount of alcohol in the blood

Several factors determine a person's BAC, such as:

- How much a person **weighs**
- The amount of alcohol a person **drank**
- How much **food** is in the person's stomach



## Alcohol Use and Abuse

### How Alcohol Affects Individuals

In most states, a person is legally intoxicated when the BAC is greater than **0.08** percent.

In all states, anyone under 21 is legally intoxicated if the BAC is greater than **0.00** percent.

Police officers can **measure** the **BAC** in a person's body.

DWI = **.08** BAC



## Brain

*Immediate effects:* Impaired judgment, reasoning, memory, and concentration; slowed reaction time; decreased coordination; slurred speech; distorted vision and hearing; reduced inhibitions; alcohol poisoning, causing unconsciousness and even death.

*Long-term effects:* Brain cell destruction, nervous-system disorders, and memory loss.

## Heart

*Immediate effects:* Increased heart rate

*Long-term effects:* Irregular heartbeat, heart-muscle damage

## Liver

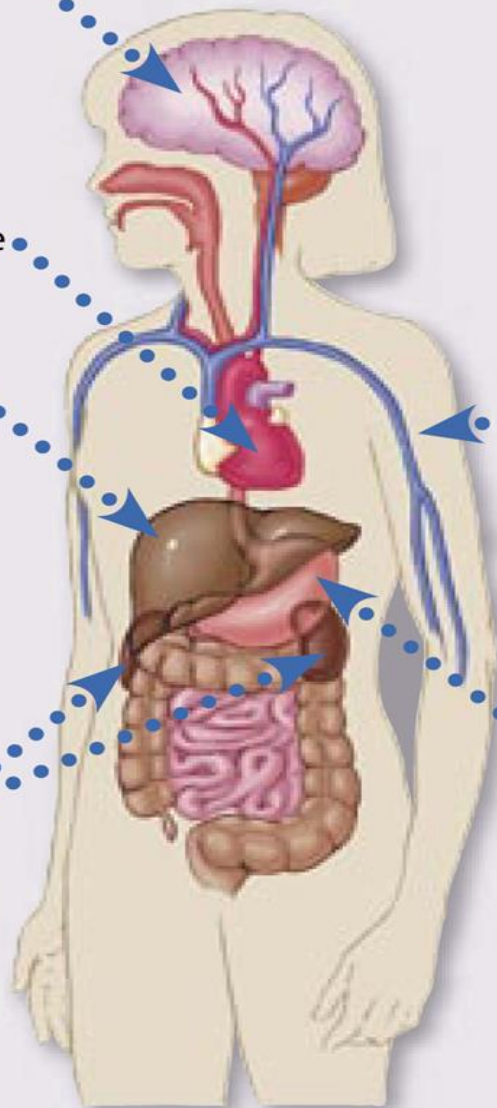
*Immediate effects:* Processes of the liver, which filters out over 90% of the alcohol in the body, may become unbalanced.

*Long-term effects:* Scarring and destruction of liver tissue and liver cancer. Can both cause death.

## Kidneys

*Immediate effects:* Increased urination, which can result in dehydration, headache, and dizziness

*Long-term effects:* Kidney failure resulting from high blood pressure



## Blood Vessels

*Immediate effects:* Widened blood vessels, creating a false sense of warmth

*Long-term effects:* High blood pressure, stroke

## Stomach

*Immediate effects:* Vomiting, which can lead to choking and death

*Long-term effects:* Ulcers (open sores) in the stomach lining; stomach cancer

## Alcohol Use and Abuse

### Long-Term Effects of Alcohol Use

Long-term effects of alcohol use include:

- **Cirrhosis**
- **Ulcers**
- **Fetal alcohol syndrome** (Birth defects, speech and learning problems)



**cirrhosis** The scarring and destruction of liver tissue



**ulcers** An open sore in the stomach lining

## Alcohol Use and Abuse

### Alcohol is Addictive

Over time, the need for alcohol may become so strong that a person may **feel sick without it**.

In a person who is **addicted** to alcohol, using alcohol becomes the **most important part** of his or her life.

## Alcohol Use and Abuse

## Alcohol Abuse

Alcohol abuse can lead to a disease known as alcoholism.



**alcohol abuse** Using alcohol in ways that are unhealthy, illegal, or both



**alcoholism** A disease in which a person has a physical and psychological need for alcohol

People may abuse alcohol because they are **worried** about something or because they feel **insecure**. They may drink to deal with their **problems**.

## Alcohol Use and Abuse

## Alcoholism



**Alcoholics** People suffering from alcoholism.

Alcoholics can help themselves by seeking **proper medical** help for their disease.

Alcoholics can seek help from groups such as **Alcoholics Anonymous** (AA). These groups can also give support to friends and families of alcoholics.



## Alcohol Use and Abuse

## Alcoholism

To an alcoholic, alcohol may become more important than **family, friends, and work**.

Alcoholics **drink more** and more alcohol to **experience** its effects.

Alcoholics may **stop participating** in other activities just so they can drink.

Alcoholics may have **blackouts**, or periods when they **cannot remember** what they **said** or **did** while drinking.