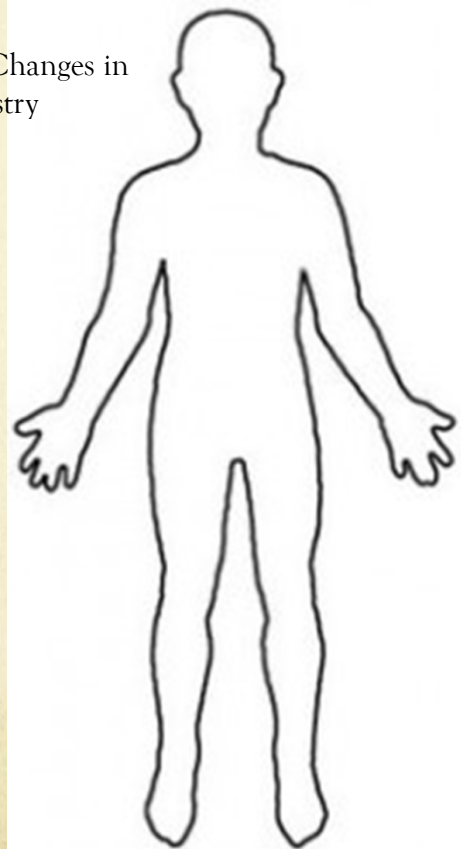


Pre-Test: You have 3 minutes Label the parts of the body that are affected by ALCOHOL and explain what happens to that part of the body **BEFORE** the lecture.

The brain: Changes in brain chemistry



# Vocabulary

1. Ethanol: the type of alcohol in alcoholic beverages
2. Depressant: a drug that slows the central nervous system
3. Intoxication: the state in which the body is poisoned by alcohol, or another substance, and the person's physical and mental control is significantly reduced.
4. Binge drinking: drinking 5 or more alcoholic drinks in one sitting
5. Alcohol poisoning: a severe and potentially fatal physical reaction to an alcohol overdose



# Short Term Effects

## 1. The Brain

- Pathways and connections necessary for learning may be permanently damaged.
- Thought processes are disorganized, memory and concentration are dulled.
- Judgment is altered and coordination is impaired.
- Risk of stroke increases

## 2. Heart

- Increases heart rate and blood pressure when small amounts are consumed
- Large amounts of alcohol decreases heart rate, blood pressure, heart rhythm becomes irregular and body temperature drops

## 3. Liver and Kidneys

- Toxic chemicals released when the liver metabolizes alcohol cause inflammation and scarring of the liver tissue
- Causes kidneys to increase urine output, which can lead to dehydration

## 4. Digestive System

- Increases stomach acid production and can cause nausea and vomiting

## 5. Pancreas

- Pancreatitis: inflammation of the pancreas
- Disrupts the absorption of nutrients in food

# Long Term Effects

1. Brain
  - Addiction
  - Loss of brain functions
  - Brain damage
2. Heart
  - Heart damage
  - High Blood Pressure
3. Digestive system
  - Irritation of the digestive lining
  - Fatty liver
  - Alcoholic hepatitis: inflammation or infection of the liver
  - Cirrhosis of the liver (tissue scarring in liver)
4. Pancreas
  - Swelling of the pancreas lining



# BAC: Blood Alcohol Concentration

BAC = Blood Alcohol Concentration = the amount of alcohol in a person's blood expressed as a percentage.

Factors affecting BAC:

1. # of drinks
2. rate of consumption
3. type of drinks
4. gender
5. body size

Legal intoxication = .08% or higher for adults

Under age 21 NO acceptable BAC!

# 3 Stages of Alcoholism

## 1. Early Stage

Makes promises to quit & can't keep them, drinks often to relieve tension, increased tolerance, personality changes, memory blackouts, more forgetful, more irritable

## 2. Middle Stage

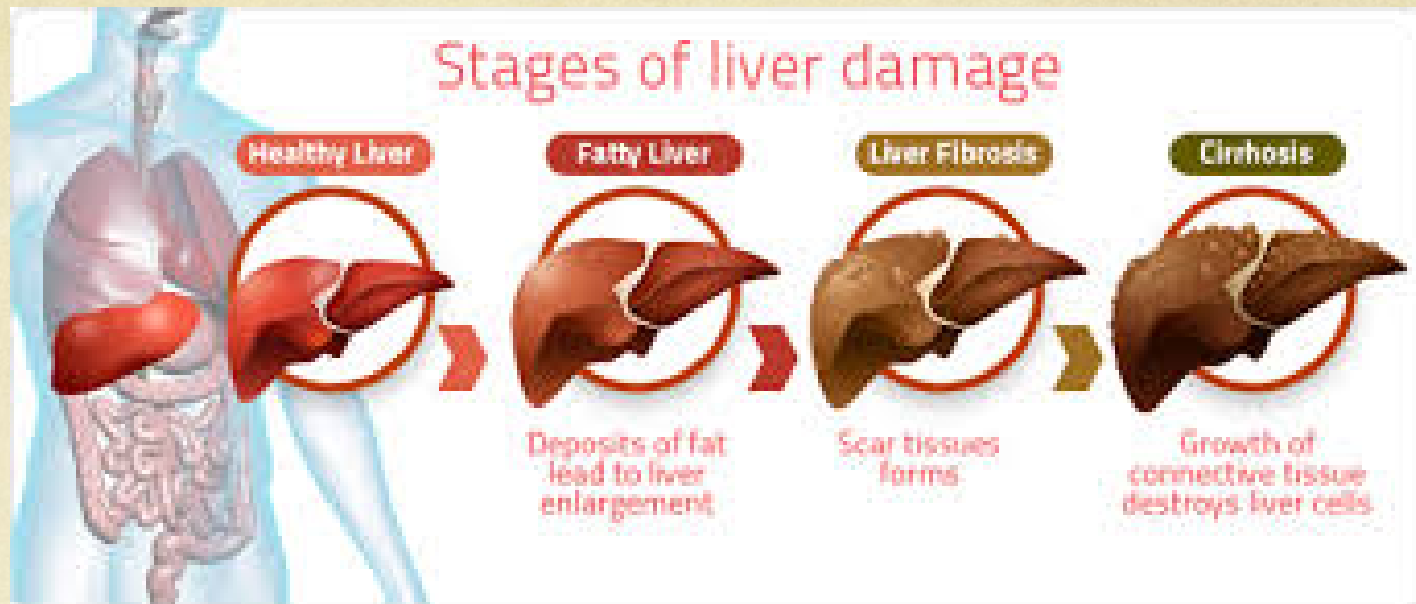
Tries to hide or deny drinking, drinks when alone, drinks in the morning, signs of drinking more noticeable, drinks at work or at school, harder to feel high no matter how much is consumed, drinking is a daily necessity

## 3. Final Stage

Isolation from family and friends, lives to drink (liquor more important than family/job), never seems to eat, weak due to malnutrition, nervous, tense and irritable, hallucinations



# Stages of liver damage



# Video: The Truth About Alcohol

- While watching the video, fill out the circles below to show alcohol's "ripple effect"
- <http://www.drugfreeworld.org/real-life-stories/alcohol.html>



# Alcohol Facts . . . Sobering Statistics!

1. Children of alcoholics have a 50/50 chance of becoming alcoholic.
2. 55% of all fatal car accidents are alcohol related.
3. 33% of all suicides are alcohol related.
4. 80% of all fire deaths are alcohol related.
5. 65% of all drowning deaths are alcohol related.
6. 65% of all murders are alcohol related.
7. 77% of all falls are alcohol related.
8. 35% of all of rapes are alcohol related.
9. 55% of all fights are alcohol related.
10. 65% of all child abuse cases are alcohol related.
11. 44% of the pilots involved in accidents were under the influence of alcohol.

# Compare and Contrast

- Compare and contrast by filling out the chart on tobacco and Alcohol



Post-Test: You have 5 minutes Label the parts of the body that are affected by ALCOHOL and explain what happens to that part of the body AFTER the lecture.

The brain: Changes in brain chemistry

