

Week 3 – Alcohol

Alcohol: The toxic chemical byproduct of alcohol metabolism that causes nausea and vomiting is called acetaldehyde

The depressant effects of alcohol become apparent at a blood alcohol concentration of

Binge drinking: typical adult as 4 + for female, 5+ male in 2 hrs

- Increases risks of unconsciousness, alcohol poisoning, death, STIs, pregnancy, drink driving
- Linked to crime – rape and assault
- Aren't aware they are drunk, Feel more confident, Impaired judgment

Absorption:

- Stomach: 20%
- Small intestine: 80%
- Factors that influence absorption: Concentration of drink, Amount consumed, Food in stomach, Mood

Men vs. women

- Women have more body fat, Women have half as much alcohol dehydrogenase, Hormonal differences

Effects of alcohol:

- **BAC = > .06 % (Euphoria)**
 - Euphoric, feeling of wellbeing, Relaxed, Minor impairment in reasoning, Exaggerated emotions
- **BAC = .07 - .12 % (Euphoria)**
 - Impaired balance, speech, vision, reaction time, hearing , Reduced judgment and self control
 - Often very confident
- **BAC = .13 - .19 % (Disphoria)**
 - Trouble remembering things, Slower reaction time, Uncoordinated , Blurry vision, May look sloppy drunk
- **BAC = .20 - .30 % (Confusion)**
 - Confused, Dizzy, Highly emotional or aggressive, Cannot see clearly, Sleepy
- **BAC .25 - .4 % (Stupor)**
 - Barely move, Cannot respond to stimuli, Cannot stand or walk, May vomit, May lapse in and out of consciousness
- **BAC .35-.50 % (Coma)**
 - Unconscious, Reflexes are depressed, Feel cool (lower than normal body temp), Breathing is slow and shallow, Slow HR, May die
- **BAC <.50**
 - Probably dead

Short term effects of alcohol:

- Reduces frequency of nerve transmission (slower reaction time, decreased HR)
- Dehydration
- Alcohol irritates gastrointestinal system
- Hangovers

Long term effects:

- Effects on nervous system (brain shrinkage), Cirrhosis of liver, Cancer, Pancreatitis , Fetal alcohol syndrome

Symptoms of alcohol addiction:

1. Compulsion (obsession)
2. Loss of control
3. Negative consequences
4. Denial

Causes of alcohol abuse and alcoholism

Biological: More likely if parent is alcoholic

- Alcohol use disorders are 50-60% heritable

Social and cultural factors:Family attitudes

- If friends/family drink heavily, you are 50% more likely to also drink heavily

Recovery:

Symptoms:

- Hyper excitability, Confusion, Agitation, Sleep disorders, Tremors, Headaches, Depression, Seizures

Over half relapse in first 3 months. Many stay recovering whole life

Active listening (skill)

Reasons to listen actively

- Increase other persons confidence in you, To make the other person feel important and recognized
- To show that you care about the person and build trust, Avoid saying the wrong things
- To help people start listening to you, To be sure both parties are on the same page about the topic

Body language:

SOLAR:

- Square
- Open
- Lean forward