**Addiction and Alcohol Study Guide**

* Ethyl Alcohol is the only alcohol the human body can detoxify (destroy toxic properties).
* It is a colorless, odorless toxic liquid found in beer, wine, wine coolers, and distilled spirits.
* Binge drinking is consuming more than 4-5 drinks in two hours or less
* Alcohol is a depressant

Alcoholism: IS THE INABILITY TO STOP DRINKING

1. The alcoholic does not plan to get drunk.
2. It is progressive
3. It is fatal
4. The only cure available to people is to stop drinking

How does alcohol enter the body?

1. Mouth
2. Stomach: 20%
3. Small Intestine: 80%
4. Heart: Pumps throughout body
5. Brain
6. Liver: alcohol is oxidized by the liver at a rate of about 0.5 oz per hour.

How fast alcohol is absorbed depends upon several things:

* The concentration of the alcohol
* The type of drink (carbonated beverages)
* Whether the stomach is full or empty

40% Alcohol= 80 Proof

80 Proof = 40 % Alcohol

Short term effects of alcohol use:

* Loss of judgment
* Loss of inhibitions
* Drug-affected emotional behavior
* Nausea
* Coma
* Death

Long term effects of alcohol use:

* Tolerance: you need more to produce the same effect
* Dependence: your body needs alcohol to function
	+ Body develops a chemical need for alcohol
* Liver Damage, Nerve Damage, Brain Damage
* Cirrhosis: causes liver to not function properly due to alcohol use
* Death

**Blood Alcohol Content**: percentage of alcohol in a person’s blood by volume.

* For example: if a person’s BAC is 0.10%, one tenth of a person’s blood is alcohol.
* The legal limit for 21+ in Massachusetts is 0.08%.

Signs and symptoms you are an alcoholic:

* Beginning
* BLACKOUTS (YOU DO NOT REMEMBER)
* BEHAVIOR IS GETTING YOU IN TROUBLE

 (SCHOOL, HOME, WORK)

* SNEAKING DRINKS
* Middle
* LOSS OF CONTROL
* ONE DRINK WILL NOT HURT ME
* CHANGE OF FRIENDS
* BEING DISHONEST

Final

* BENDERS
* ANGERS
* TREMORS
* HIDING DRINKS

PHASES of alcoholism:

1. Acquisition
	1. EXPOSURE
	2. INITIATION
	3. EXPERIMENTATION
2. Maintenance
	1. BECOMES A HABIT
	2. DEPENDANCE
	3. OBSESSIVE
3. Addiction
	1. GENETIC
	2. PSYCHOLOGICAL
	3. SOCIOLOGICAL

Where to get help?

* AA is for the alcoholic
* Al-ANON is for the spouse of an alcoholic
* ALATEEN is for young people whose lives have been affected by someone’s drinking