







## CONCEPT: ALCOHOL AND HEALTH

### Short-Term Health Effects of Alcohol

- ◆ Alcohol is \_\_\_\_\_ and affects all body systems and organs.
  - The effects of alcohol can range from a light buzz to permanent organ damage, or even \_\_\_\_\_.
  - Short-term effects of alcohol include sedation, impaired judgment and motor skills, and poisoning.

Short-Term Health Effects of Alcohol			
1. CNS Depression		<ul style="list-style-type: none"><li>▸ Dulled _____/impaired memory.</li><li>▸ Sedation and loss of motor control.</li></ul>	2. GI System Irritation
			<ul style="list-style-type: none"><li>▸ Nausea and vomiting.</li><li>▸ Stomach inflammation and _____.</li></ul>
3. Cardiorespiratory Health		<ul style="list-style-type: none"><li>▸ ____ Heart and breathing rate.</li><li>▸ Irregular heartbeat.</li></ul>	4. Accidents/Injuries
			<ul style="list-style-type: none"><li>▸ _____ reaction time.</li><li>▸ Impaired judgment and motor coordination.</li></ul>
5. Risky Sexual Behavior		<ul style="list-style-type: none"><li>▸ Unsafe sex.</li><li>▸ Sexual exploitation/violence.</li></ul>	6. Alcohol Poisoning
			<ul style="list-style-type: none"><li>▸ Confusion, slurred speech, seizures.</li><li>▸ ____ BAC can lead to coma and death.</li></ul>

### EXAMPLE




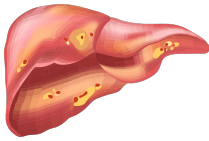
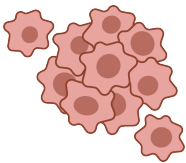

Which of the following is not a symptom of alcohol poisoning?

- a) Being unable to pronounce each word clearly.
- b) Vomiting and convulsions.
- c) Disorientation and impaired thinking.
- d) Yellowing of the skin.
- e) Deep unconsciousness for a prolonged period.

## CONCEPT: ALCOHOL AND HEALTH

### Long-Term Health Effects of Alcohol

◆ Long-term use of alcohol damages tissues/organs and increases risk of \_\_\_\_\_ diseases.

Long-Term Health Effects of Alcohol			
1. Weight Gain		2. Cardiovascular Health	
	<ul style="list-style-type: none"><li>▶ 1 drink contains <math>\geq</math> _____ Cal.</li><li>▶ 1.5 drinks/day <math>\rightarrow</math> <math>\geq</math> _____ lb/year.</li></ul>		<ul style="list-style-type: none"><li>▶ Weakens heart muscles.</li><li>▶ Hypertension and _____ risk of stroke.</li></ul>
3. Damage to the Brain		4. Liver Disease	
	<ul style="list-style-type: none"><li>▶ Destroys brain cells.</li><li>▶ Impairs _____ functions.</li></ul>		<ul style="list-style-type: none"><li>▶ Alcoholic hepatitis.</li><li>▶ Fatty liver disease and _____.</li></ul>
5. Cancer		6. Fetal Abnormalities	
	<ul style="list-style-type: none"><li>▶ Alcohol is a carcinogen.</li><li>▶ _____ Risk of liver, breast, colon, and other cancers.</li></ul>		<ul style="list-style-type: none"><li>▶ Alcohol is a known _____.</li><li>▶ Can cause fetal alcohol syndrome.</li></ul>

### EXAMPLE

JB has been drinking for many years. Recently they started to notice yellowing of their skin and the whites of their eyes. Upon visiting a clinic, a doctor ordered some blood tests– the results of which showed signs of liver damage. What is the likely cause of this illness?

- a) Cardiomyopathy
- b) Alcoholic hepatitis
- c) Pancreatitis
- d) Gallstones

## **CONCEPT: ALCOHOL AND HEALTH**

### **PRACTICE**

Which of the following is not a long-term health effect of alcohol use?

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- a) Weakening of the heart muscles that can lead to heart failure.
- b) Gradual decrease in the ability to think, learn, and remember.
- c) Reduced risk of developing chronic liver diseases.
- d) Increased risk of breast cancer.
- e) Risk of weight gain that can lead to obesity.

### **PRACTICE**

A group of students drove to a party at a bar near campus and partook in heavy drinking. Which of the following would not be a short-term concern?

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- |                    |                      |                 |                   |
|--------------------|----------------------|-----------------|-------------------|
| a) Physical injury | c) Alcohol poisoning | e) Hangovers    | g) Sexual assault |
| b) Vomiting        | d) Property damage   | f) Liver damage | h) Car crash      |