



# ALCOHOL

Health

# Today's Essential Question:

What pathway does Alcohol take when it enters the body and how does it impair normal body system functioning?

## ∞ Objectives:

- **Distinguish**- between myth or fact on statements regarding alcohol use and how it affects the human body.
- **Show** – alcoholic drink equivalencies and the law for Washington State.
- **Outline**- the pathway alcohol follows when it enters the body and how it affects body organs.

# True or False

Beer is “weaker” than rum or vodka?

**FALSE**

# True or False

☞ Alcohol is digested the same way food is digested in the body?

**TRUE**



# True or False

✧ Because alcohol is a stimulant, it tends to pep you up?

**FALSE**

Alcohol is a depressant

# True or False

∞ BAC (blood alcohol content) or BAL (blood alcohol level) refers to the amount of calories in an alcoholic beverage?

**FALSE**

Refers to how much alcohol is in the body/blood

# True or False

☞ Black coffee and a cold shower can help to “sober up” and individual?

**FALSE**

Time and hydration



# True or False

∞ Is it possible to die from an overdose?

**TRUE**

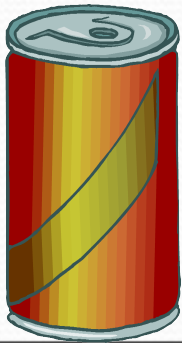


# Drink Equivalencies

One Alcoholic Drink is equal to:



12 oz. Beer



5 oz. of Wine



1 ½ ounces  
of hard liquor



# THE PATHWAY OF ALCOHOL

∞1. **MOUTH**: Alcohol is consumed and passes down the esophagus

∞2. **STOMACH (Digestive System)**: A little alcohol goes through the stomach walls and into the bloodstream

∞ Excess and chronic consumption of alcohol can cause ulcers in the stomach and vomiting.

### 3. **SMALL INTESTINES (Digestive System):**

Alcohol is rapidly absorbed through the walls of the small intestines and into the bloodstream

### 4. **BLOODSTREAM (Cardiovascular System):**

The heart pumps the blood and alcohol to all the parts of the body. Heart rate and blood pressure increase as a result of alcohol.

Alcohol causes the blood vessels to dilate, giving the feeling of warmth, but body temperature decreases



5. **LIVER (Digestive System)**: 90% of alcohol is oxidized by the liver (combines with O<sub>2</sub>) at ½ to ¾ oz per hour and kidneys increase urine production. Drinker loses more water from body than usual.

6. **BRAIN (Nervous System)**: Alcohol goes to the brain almost as soon as it is consumed. Brain activity slows down, coordination becomes impaired, perceptions and sensations become less clear, reflexes become sluggish.

# Blood Alcohol Concentration or BAC

✧ This is the amount of alcohol in a person's blood expressed in a percentage.

## Factors that Affect BAC:

- ✧ Rate of alcohol consumption,
- ✧ Gender and size of the drinker
- ✧ How much food is in the stomach



| BAC  | Approximate<br>alcohol consumed<br>in a 2 hour period | Effects on a 100lb person  |
|------|---|--|
| .05% | 1-2 ounces liquor<br>1-2 12 oz beers                  | Mild impairment in reaction,<br>judgment, some loss of coordination  |
| .1%  | 3-4 oz liquor<br>3-4 12 oz beers                      | Substantial impairment in muscle<br>coordination, muscle and inhibitions<br>relaxed                          |
| .2%  | 5-6 oz liquor<br>5-6 12 oz beers                      | Increased loss of self-control,<br>unpredictable emotional behavior,<br>slurred speech, staggered walk       |
| .3%  | 7-8 oz liquor<br>7-8 12 oz beers                      | Body in state of confusion, double<br>vision, hearing impaired, can not<br>walk                              |
| .4%  | 9-10 oz liquor<br>9-10 12 oz beers                    | Brain can barely function, nervous<br>system down, unable to move, may<br>slip into state of unconsciousness |
| .5%  | +10 oz liquor<br>+10 12 oz beers                      | Coma, respiratory failure, death   |



# Washington State Drinking Laws

- ❧ Zero tolerance for minors that means .00 for BAC levels. If an underage person has just .02% even it is grounds for automatic DUI charge.
- ❧ .08 for legal drinking age is considered intoxicated and the state can file DUI charges.
- ❧ If a person is .15 % over the legal level the person would face increased penalties.



# How does Alcohol affect teens?

- ⌘ They won't feel effects of intoxication as much as adults
- ⌘ Typically teens drink more causing overdose and poisoning

# What does it do to the teen's brain

- ⌘ Alcohol can interfere with thinking and memory and can change and actually shrink the thinking and memory parts.
- ⌘ It can interfere with decision making and critical thinking.



# Exit Task

- ✧ On the exit slip that I provided you please:
- ✧ Put your name and class period
- ✧ Answer the reflection questions by **YOURSELF** without talking. Be ready to turn them in when you are exiting class.