

WHAT ALCOHOL DOES TO THE BODY

CHAPTER 25 LESSON 2



SHORT-TERM EFFECTS OF DRINKING

- **Brain**
 - Alcohol reaches the brain almost as soon as it is consumed. It depresses the activity of the brain, slowing the work of the central nervous system.
- **Liver**
 - Oxidation- changes alcohol to water, carbon dioxide, and energy. The liver can oxidize about one-third to one-half of an oz of alcohol an hour. So the alcohol keeps circulating through all the body parts.

SHORT-TERM EFFECTS OF DRINKING

- **Blood Vessels**
 - Carries alcohol to all parts of the body including heart, liver, and brain. Alcohol dilates the blood vessels causing an increase in blood flow.
 - Increases the risk of hypothermia
- **Heart**
 - Alcohol increases heart rate and blood pressure and cause arrhythmias
 - Cause scar tissue to build up in the muscle fibers of the heart
 - Increase risk of stroke

SHORT-TERM EFFECTS OF DRINKING

- **Kidneys**
 - Alcohol causes more urine to be produced
- **Stomach**
 - Alcohol is very small and water soluble so it does not have to be digested.
 - Having food on the stomach slows the absorption.

SHORT-TERM EFFECTS OF DRINKING

- Driving Under the Influence (DUI)
 - Most deadly and widespread short term effect is driving under the influence
 - Blood Alcohol Concentration (BAC) is the amount of alcohol in a person's blood expressed as a percentage.
 - Drinking
 - Reduces the ability to judge distances, speeds and turns
 - Reduces the ability to judge accurately one's own capabilities and limitations
 - Increases the tendency to take risks
 - Slows reflexes
 - Adds to forgetfulness to take precautions
 - Reduces the ability to concentrate

SHORT-TERM EFFECTS OF DRINKING

- **Consequences of DWI**
 - Leading cause of death among teenagers for drinker and non-drinker
- **Cost of DWI**
 - Immediate confiscation of driver's license
 - Arrest, a trip to jail, court appearance, and fine
 - Possible suspension of driver's license
 - Possible mandatory jail sentence
 - Cost of bail to get out of jail
 - Higher insurance rates
 - Possible lawsuit

SHORT-TERM EFFECTS OF DRINKING

- Efforts to reduce DWIs
 - MADD- mother's against drunk driving
 - SADD- student's against destructive decisions
 - Designated Driver- people in social settings who choose not to drink so that they can safely drive themselves and other

LONG-TERM EFFECT OF DRINKING

- **Brain Damage**
 - Long-term, excessive use of alcohol can lead to major brain damage and decrease brain size.
 - Damage brain cells
- **Chronic Liver Problems**
 - Fatty liver- a condition in which fats build up in the liver and cannot be broken down.
 - Cirrhosis- a condition in which liver tissue is destroyed and then replaced with useless scar tissue

LONG-TERM EFFECT OF DRINKING

- **Chronic Liver Problems**
 - Hepatitis- inflammation or infection of the liver that can cause weakness, jaundice, fever, and sometimes death.
- **Tolerance and dependence**
 - Tolerance- necessary to drink more and more in order to produce and same effects
 - Withdrawal- jumpiness, sleeplessness, sweating, poor appetite to severe tremors, convulsions, and hallucinations.

THE MULTIPLIER EFFECT

- When alcohol and other drugs or medicines are combine produces an interaction known as the multiplier effect.
- Causes impairment of both mental and physical abilities
- Accidental death occurs

ALCOHOL AND PREGNANCY

- Fetal Alcohol Syndrome- a condition in which a fetus has been adversely affected mentally and physically by its mother's alcohol use during pregnancy.
 - Low birth weight
 - Impaired speech
 - Cleft palate
 - General weakness
 - Slow body growth
 - Facial abnormalities
 - Poor coordination
 - Heart defects

ALCOHOL AND PREGNANCY

- Fetal Alcohol Syndrome
 - Mental retardation
 - Poor attention span
 - Nervousness
 - Hyperactivity
- 100% preventable