

Effects of Alcohol

Alcohol use has many damaging effects on all areas of a person's life. Alcohol is the primary cause of liver disease, nutritional deficiencies, and is related to half of all traffic fatalities

If a person abuses alcohol, he/she may become dependent on it. The side effects of alcohol are dependent on a variety of factors, including the quantity consumed, a person's age, size, sex, as well as the amount of food eaten before or during consumption.

Side Effects include:

Dizziness, Loss of inhibitions, Slow reactions
Loss of Coordination, Blurred Vision Impaired motor skills, Slurred speech Sudden mood swings, Flushing Irregular pulse, Enlarged heart Unconsciousness, Talkativeness, Memory Impairment, High blood pressure, skin problems, sexual problems, vitamin deficiencies, damage to the liver, heart and brain

What happens when pregnant women drink alcohol?

Alcohol can damage a developing baby's brain and body. This can result in a condition known as fetal alcohol syndrome (FAS). FAS is a disability that affects how a baby looks, thinks, acts and learns. FAS is a lifelong disability; its effects don't go away as the baby grows into an adult.

Nobody knows how much alcohol is safe to drink during pregnancy, but we do know that the more alcohol consumed, the greater the risk of damage. No alcohol during pregnancy is best.

Keeping yourself safe

- φ You can do this by staying away from alcohol yourself.
- φ Don't get sucked in to trying something which may harm you.
- φ always ask what the drink is that someone is giving you
- φ thinking of reasons like "I don't like the taste, or "I've got to go home/out now."
- φ asking for a soft drink or saying that you are not thirsty
- φ suggesting that you do something else like watch a movie.
- φ calling mum or dad to come and get you, or going home if you live nearby
- φ **never** getting into a car with a driver who has been drinking



Help & Shelter

Homestretch Avenue,
D'Urban Park
Georgetown

Phone: 225-4731
Fax: 227-8353
Hotline: 227-3454

Email: hands@networksgy.com
Website: <http://www.hands.org.gy>

Alcohol



Beware

What is alcohol?

Alcohol is a drug

Alcohol is a colorless, volatile, and pungent liquid found in fermented liquors such as beer, wine, wine coolers, champagne, and liquors.

(a chemical that has an effect on the body, and is not a food).

The kind of alcohol that people drink is called ethyl alcohol. This is made by fermenting different things with yeast and water.

Alcohol is a depressant which means it slows the function of the central nervous system.

Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing.

What is a standard drink?

A drink is a drink. Brewing, fermenting or distilling grains and fruit produces alcohol, but no matter how it is produced, alcohol is alcohol. It's alcohol that makes people drunk and changes the way they act. Because of the different percentages of alcohol in beer, wine and distilled liquor, people commonly believe that some kinds of alcoholic beverages are safer, or don't get you drunk so fast.

In fact, there's about the same amount of alcohol in a bottle of beer (341 ml/12 oz.) as there is in a glass of wine (142 ml/5 oz.) or a shot of whisky (43 ml/1.5 oz.).

Alcohol content of Standard drinks

Each of these drinks contains about the same amount (about 1.2 tablespoons) of "pure" alcohol or ethanol.

12 ounces = 5 ounces = 1.5 ounces
of regular beer of table wine of hard liquor



(5% alcohol)



(12% alcohol)



(40% alcohol)

Alcoholic Beverage	Bottle or Can size	Approx. # of standard drinks
Beer	12 oz	
Malt liquor	12 oz	
	16 oz	
	40 oz	
Wine	750 ml	
Hard liquor (whiskey, gin, vodka, Rum and tequila)	750 ml	

Note

Each standard drink has the same amount of pure alcohol



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What does alcohol do to the body?

Alcohol enters the bloodstream through the stomach and intestine. Once in the bloodstream, it is carried to other parts of the body quite quickly. In fact, it reaches the brain almost immediately. Alcohol stays in the body until it is broken down by the liver and eventually leaves the body through breath, sweat and urine.

What happens to alcohol in the body?

- ♣ Alcohol goes from the mouth to the stomach and small intestine.
- ♣ It passes through the walls of the stomach and small intestine into the bloodstream.
- ♣ The blood takes the alcohol to the brain where it slows down the messages in the brain.
- ♣ The blood also takes the alcohol to the liver, which starts to take out the alcohol from the blood.

Is it dangerous to take other drugs with alcohol?

Remember, alcohol is a drug, and some other drugs cause serious problems when used with alcohol. Don't mix alcohol with other drugs unless you know for sure what could happen. Street drugs (illegal drugs) are sometimes mixed with other substances, so you may not know what you are buying. Sleeping pills and allergy medications are two types of legal drugs that can be dangerous—and in some cases fatal—when taken with alcohol.