

ALCOHOL AND WELLNESS

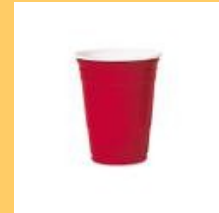
Boston University Student Health Services

Portion Potency!



Image adapted from: "Alcohol Use and Drinking Problems" J. Orcutt, PhD. at FSU

DID YOU KNOW... 1 brand name red cup can hold 18oz., so if you fill up this cup with beer you are actually drinking a beer and a half!



The folks who make the brand name red cup were nice enough to denote on their cup where 1 shot (1.5 oz.) of liquor pours to...the bottom rim!

What is BAC?

As people drink, alcohol is absorbed into the bloodstream- resulting in Blood Alcohol Content (BAC). BAC is the amount of alcohol in your bloodstream and is calculated by how many milligrams of alcohol are present per 100 milliliters of blood.

What affects BAC?

Size: Smaller people are generally affected more quickly than larger people.

Gender: Women are generally smaller and tend to have more body fat than men so their BAC tends to rise more quickly than that of a male.

Food: A full stomach slows the absorption of alcohol into the bloodstream.

Strength of Drink: Drinks can have different effects based on their composition. Drinks that are straight up hit the



bloodstream faster than drinks that are diluted by mixers. Sodas and carbonated mixers can actually speed up the absorption rate.

Rate of Consumption: Gulping or chugging will increase the amount of alcohol taken into the system.

Mood: Someone who is depressed or emotionally or physically stressed will be affected more quickly by alcohol.

Menstruation: Women who have their period will absorb alcohol more quickly.

Drug Use: Legal or illegal drugs can speed up the effects of alcohol and have an unpredictable outcome. Even some over the counter medications can do this-so you should always check with a doctor or a pharmacist before taking alcohol with any medication.

Alcohol poisoning...It is possible to overdose! Do you know what the warning signs include?

Some signs of alcohol overdose include:

- Cold, pale, or bluish skin.
- Irregular Breathing.
- No or Decreased Pain Response - there is no response to a shoulder pinch.
- Unconsciousness - you can't wake the person.

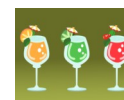
If any of these conditions exist, seek medical attention immediately or contact a university official.

If you're wondering whether you should call for help, then YOU SHOULD CALL FOR HELP.

DO Not:

- Induce vomiting.
- Administer anything orally.

- Walk, run, or exercise the person.
- Give the person a cold shower.
- LEAVE THEM ALONE TO "SLEEP IT OFF"!
- Remember: Only Time Can Sober a Person Up!



If you choose to drink, drink in moderation...

- Remember that your body can only metabolize 1 drink per hour.
 - Know how much alcohol is in each drink you consume.
- Set a limit before you start, and stick to it by counting each drink.
 - Eat a full meal before drinking to slow down absorption.
- Drink 1 non-alcoholic drink, like water, after any alcoholic beverage before consuming another one.
- Be your own person- don't get caught up in peer pressure!

BAC FOR MEN

Body weight (lbs)	1 drink	2 drinks	3 drinks	4 drinks	5 drinks	6 drinks	7 drinks	8 drinks	9 drinks	10 drinks
100	0.043	0.087	0.13	0.174	0.217	0.261	0.304	0.348	0.391	0.435
125	0.034	0.069	0.103	0.139	0.173	0.209	0.242	0.278	0.312	0.346
150	0.029	0.058	0.087	0.116	0.145	0.174	0.203	0.232	0.261	0.29
175	0.025	0.05	0.075	0.1	0.125	0.15	0.175	0.2	0.225	0.25
200	0.022	0.043	0.065	0.087	0.108	0.13	0.152	0.174	0.195	0.217
225	0.019	0.039	0.058	0.078	0.097	0.117	0.136	0.156	0.175	0.198
250	0.017	0.035	0.052	0.07	0.087	0.105	0.122	0.139	0.156	0.173

BAC FOR WOMEN

Body weight (lbs)	1 drink	2 drinks	3 drinks	4 drinks	5 drinks	6 drinks	7 drinks	8 drinks	9 drinks	10 drinks
100	0.05	0.101	0.152	0.203	0.253	0.234	0.355	0.406	0.456	0.507
125	0.04	0.08	0.12	0.162	0.202	0.244	0.282	0.324	0.364	0.404
150	0.034	0.068	.101.	135	169	0.203	0.237	0.271	0.304	0.338
175	0.029	0.058	0.087	0.117	0.146	0.175	0.204	0.233	0.262	0.292
200	0.026	0.05	0.078	0.101	0.126	0.152	0.177	0.203	0.227	0.253
225	0.022	0.045	0.068	0.091	0.113	0.136	0.159	0.182	0.207	0.227
250	0.02	0.041	0.061	0.082	0.01	0.122	0.142	0.162	0.182	0.202

These BAC charts are based on drinks consumed in 1 HOUR.
 Alcohol leaves your system at a rate of .015% per hour, which is less than 1 drink.

Chart Source:
 Evans, Glen and
 Robert O'Brien
 (1991) The Ency-
 clopedia of Alco-
 holism

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| <p>BAL and Behavior</p> <ul style="list-style-type: none"> .02% a little lightheaded, can get a DUI if under 21 in MA .04-.06% warm, relaxed. "buzzed", euphoric state .08% considered legally drunk for 21+ | <ul style="list-style-type: none"> .10% lack of coordination and balance .15% possible blackout (memory loss); impaired judgment and perception .20% vomiting; disorienta-tion | <ul style="list-style-type: none"> physically numb; may pass out suddenly .30% drunken stupor; death is likely at this BAC and higher .35% may stop breathing .40% coma |
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