PE Concepts: Ch 10 Alcohol

1. Alcohol is: **the drug in wine/beer/liquor that causes intoxication**
2. A depressant is: **something that depresses the judgment and reasoning centers in the brain**
3. Short-term effects of alcohol
4. Irritates the mouth, esophagus, throat, & stomach
5. Makes the heart work harder; **it dilates or makes the blood vessels wider**
6. **The body loses heat**
7. Causes the liver to work harder
8. **Cirrhosis of the liver – scar tissue, holes & fatty deposits on the liver**
9. **The liver can metabolize 1 alcoholic drink per hour**
10. **Dehydration**
11. **Nausea**
12. **Vomiting**
13. **Memory loss**
14. Long-term effects of alcohol
15. Brain damage – **shrunken brain & dead brain cells**
16. Heart disease – **irregular heartbeat, enlarged heart, HBP, anemia**
17. Liver problems – **cirrhosis, hepatitis, liver cancer**
18. Immune system – **decreased immune system function**
19. **Mouth/esophagus/stomach bleeding & perhaps cancer**
20. Small intestine – **decreased ability to absorb vitamins**
21. Blood Alcohol Concentration (BAC)
22. Legal limit if over 21 yrs – **0.08**
23. Legal limit if under 21 yrs – **0.02**
24. Driving under the influence(DUI) – **under the influence of alcohol or other drugs**
25. Alcohol Abuse is: **drinking too much alcohol, too often**
26. Alcoholism is: **a disease that causes a person to lose control of his/her drinking behavior**
27. **Person becomes physically and emotionally addicted to alcohol**
28. **Withdrawal symptoms**
29. NUMBERS
30. 20% of adults lived with an alcoholic at some point in their lives
31. 5 million American children currently living with an alcoholic in the home
32. 31% of domestic violence cases alcohol is involved
33. 17.6 million Americans have problems with alcohol
34. The #1 cause of death among teenagers is: car accidents
35. **The majority are alcohol-related**

**b. one person every two minutes injured in an alcohol-related car**

 **accident**

**c. 39% of fatal crashes involve alcohol**

**d. DUI is the nation’s most frequently committed crime**

1. Negative effects for Teens & their futures
2. **Police record**
3. **Unwanted sexual activity**
4. **Unplanned pregnancy**
5. **Sexually transmitted infections**
6. **Rape**
7. **Violence**
8. **Injury**
9. **death**