***THE HEALTH RISKS OF ALCOHOL USE***

***Chapter 21, Section 1***

***GLENCOE HEALTH (2011)***

**BIG IDEA:**

Alcohol use can harm the body and the brain and cause a person to make poor decisions.

**NEW VOCAB:**

* Ethanol
* Fermentation
* Depressant
* Intoxication
* binge drinking
* alcohol poisoning

**Alcohol**

 Alcohol is an drug.

 Using alcohol during the teen years can affect brain .

 Alcohol, or more accurately, ethanol is a powerful and addictive

 The type of alcohol in alcoholic beverages

Ethanol can be produced synthetically, or naturally through the fermentation of fruits, vegetables, and .

 The chemical action of yeast on sugars

**Short-Term Effects of Alcohol**

 Alcohol impairs the

 Using alcohol slows , , and judgment

 Alcohol is a depressant.

 A drug that slows the central nervous system

 The of alcohol that can cause intoxication varies from person to person.

 The state in which the body is poisoned by alcohol or another substance, and the person’s physical and mental control is significantly reduced.

**CHANGES IN BRAIN:**

***Development***. Pathways and connections necessary for learning may be permanently damaged.

***Memory****.* Thought processes are disorganized, and memory and concentration are dulled.

***Judgment and control****.* Judgment is altered and coordination is impaired. Movement, speech, and vision may be affected.

***Risk of stroke***. Alcohol use may increase risk of stroke in young people.

**CARDIOVASCULAR CHANGES**

***Heart***. Small amounts of alcohol can increase the heart rate and blood pressure. High levels of alcohol have the opposite effect, decreasing heart rate and blood pressure. Heart rhythm becomes irregular. Body temperature drops.

**DIGESTIVE SYSTEM PROBLEMS**

***Stomach.*** Alcohol increases stomach acid production and can cause nausea and vomiting.

**LIVE AND KIDNEY PROBLEMS**

***Liver.*** Toxic chemicals are released as the liver metabolizes alcohol. These chemicals cause inflammation and scarring of the liver tissue.

***Kidneys***. Alcohol causes the kidneys to increase urine output, which can lead to dehydration.

**PANCREAS PROBLEMS**
***Pancreas.*** Consuming large amounts of alcohol quickly can cause pancreatitis, which is accompanied by acute, severe pain. The pancreas produces enzymes that break down nutrients in foods. Alcohol use can disrupt the absorption of these nutrients.

Alcohol use can your performance in activities you enjoy

**Factors that Influence Alcohol’s Effects**

 A smaller person feels the effect of the same amount of alcohol faster than a larger person does

 Alcohol generally moves into the bloodstream faster in females.

 Food in the stomach slows down the passage of alcohol into the bloodstream.

 If a person drinks alcohol faster than the liver can break it down, the person becomes intoxicated.

 As the amount of alcohol consumed increases, the level of alcohol in the bloodstream rises.

 Alcohol can interfere with the effects of medicines, and medicines can heighten the effects of alcohol.

The effects of alcohol depend on many factors, including gender and body size.

**Alcohol and Drug Interactions**

Alcohol and drug interactions can lead to or .

Medicines that may cause reactions have labels that advise people not to use alcohol

**Long-Term Effects of Alcohol**

 Alcohol use can have effects on a person’s health.

Alcohol use can have long-term effects on a user’s physical, mental/emotional, and social

 .







* Excessive alcohol use over a long period of time can damage the pancreas.
* Digestive chemicals destroy the pancreas, causing pain, vomiting, and even death.
* If a person stops using alcohol, some of the physical effects of long-term alcohol use can be reversed over time.
* The negative effects of alcohol use can also include damage to relationships with family, friends, and others.

**Binge Drinking and Alcohol Poisoning**

 Consuming a large amount of alcohol over a short period of time can be fatal

 Some people choose to drink large amounts of alcohol during one session.

 Binge drinking can severely impair the drinker’s body systems.

 Drinking five or more alcoholic drinks at one sitting

 Binge drinking can lead to alcohol poisoning.

 A severe and potentially fatal physical reaction to an alcohol overdose

**Effects of Alcohol Poisoning**

It is dangerous to assume that a person who has passed out after consuming a lot of alcohol will be fine if left to “sleep it off.”

  If you suspect that a person has alcohol poisoning, call 911 immediately.

**EFFECTS OF ALCOHOL POISONING**

1. Hypothermia or low body temperature
2. Irregular heartbeat
3. Slow respiration
4. Mental stupor/confusion
5. Coma/inability to be roused
6. Vomiting and seizures