## INTOXICATION

### Blood Alcohol Level (BAL): Major Influences

<table>
<thead>
<tr>
<th>Factor</th>
<th>Effect</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food</strong></td>
<td>Higher with Empty Stomach</td>
<td>Alcohol is absorbed into the blood from the small intestines not the stomach; food traps alcohol in the stomach.</td>
</tr>
<tr>
<td><strong>Type of Drink</strong></td>
<td>Lower for Beer than Wine than Whiskey than Vodka/Gin even with same amount of alcohol per drink</td>
<td>The higher the concentration of alcohol the faster it moves from the intestines into the blood.</td>
</tr>
<tr>
<td><strong>Body Weight</strong></td>
<td>Lower for heavier persons even with the same amount of alcohol is consumed</td>
<td>The blood alcohol level is determined by the amount of total body water; heavier persons have more body water and lower BALs.</td>
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<tr>
<td><strong>Body Fat</strong></td>
<td>Higher in persons with more body fat</td>
<td>Alcohol can not go into fat; the amount of total body water is lower in persons with higher body fat; women usually have higher percentage of body fat than men of the same weight.</td>
</tr>
<tr>
<td><strong>Time</strong></td>
<td>Higher the shorter the drinking time period</td>
<td>The body can get rid of one standard drink per hour; this process can't be speeded up.</td>
</tr>
<tr>
<td># of Drinks</td>
<td>Weight (pounds) &amp; Time (BAL after 1 hours vs 3 hours)</td>
<td></td>
</tr>
<tr>
<td>-------------</td>
<td>-----------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td></td>
<td>160 pounds 1 vs 3 hrs</td>
<td>180 pounds 1 vs 3 hrs</td>
</tr>
<tr>
<td>2</td>
<td>.04 vs 0</td>
<td>.03 vs 0</td>
</tr>
<tr>
<td>3</td>
<td>.06 vs .02</td>
<td>.05 vs .01</td>
</tr>
<tr>
<td>4</td>
<td>.08 vs .04</td>
<td>.07 vs .03</td>
</tr>
<tr>
<td>5</td>
<td>.10 vs .06</td>
<td>.09 vs .05</td>
</tr>
<tr>
<td>6</td>
<td>.12 vs .09</td>
<td>.11 vs .07</td>
</tr>
</tbody>
</table>

*Drinking & Driving*

70 mg% or .07 = Driving under the Influence (DUI)
80 mg% or .08 = Driving while Intoxicated (DWI)
3-5 drinks in 1 hour; 4-5 in 2 hours; 4-6 in 3 hours

0,1,3 rule: 0 drinks if your working, on medication, or have a history of serious alcohol problems
1 drink per hour and 3 drinks maximum per day

*Elimination*

1 Standard Drink Per Hour: 12 ounces of beer; 5 ounces of wine or 1.5 ounces of spirits

*Alcohol Intoxication's Brain Effects*

(From Rising and Falling Blood Levels)
Euphoriant/Stimulant; Relaxant; Sedative; Increase Social Interaction; Impair Coordination & Judgment; Slow Reaction Time; Aggression; Reduce Inhibitions
**HANGOVER**

* Occurs After Consuming 6 or more standard drinks
* Dehydration and Mini Withdrawal Reaction
* Brain Cell Changes (Impaired Vision, Coordination, Reaction Time; Energy Level & Concentration)
* Morning Drinking or Drug Use (Stimulants and Sedatives)

**ALCOHOL ABUSE: RISK FACTORS**

* Male Sex (men twice as likely as women)
* Ethnic Groups (higher in africanamericans, european americans and hispanics; lower in asians and jews)
* Occupation (availability and work schedule)
* Family History (4 X greater risk of alcoholism if family history is positive)
* Sensitivity to Alcohol (4 times greater for alcoholism if not sensitive to the intoxicating effects of alcohol-i.e. can hold their drink)

**ALCOHOL ABUSE: WARNING SIGNS**

* Drinks to the point of losing control/passing out
* Drinks to get drunk
* Drinks frequently/gulps/sneaks
* Drinks on an empty stomach
* Drinks in the morning
* Drinks for negative reasons (escape; loneliness; insecurity)
* Drinks even if sick

**CAGE Test:**

Have you ever felt you should Cut Down on your drinking;
Annoyed when others criticize your drinking;
Guilty after drinking;
Eye Opener in the morning to feel better/get rid of a hangover