

Alcohol Fact Sheet

Moderate consumption of alcohol can cause shrinkage of brain size – people who drink on average of 14 drinks per week lose approx. 1.6% of brain size compared to nondrinkers (p.196).

Alcohol increases the production of fat around the liver creating an enlarged liver (p197).

The abuse of alcohol can lead to the formation of scars on the liver tissue which in return will harden, shrink and deteriorates. This condition is often fatal (p.197).

As alcohol travels through the digestive system, it irritates tissue and can even damage the tissue lining causing gastritis (inflamed stomach – ulcer) and heartburn (p.198).

Prolonged heavy use of alcohol may cause ulcers, hiatal hernia, and cancers in the mouth, throat, and stomach dramatically increase (p.198).

Because of the potential for developing an addiction to alcohol and the increased health risk with heavy drinking, most health providers and researchers would not encourage a nondrinker to start consuming alcohol in an attempt to gain a health benefit (p.199).

Continued alcohol use causes prostatitis, which is an inflammation of the prostate gland (p. 199).

Frequent abuse of alcohol can severely damage the kidneys causing decreased kidney function to process blood and properly form urine – UTI (p.199).

It has been suggested that malnutrition exaggerates the damage that alcohol causes to the body's organs, especially the liver (p. 201).

SIGNS & SYMPTOMS FACT SHEET (p. 193).

Psychological and Physical effects of Various Blood alcohol Concentration Levels [Hanson et. al, 2012]

# of Drinks	BAC	Psychological & Physical Effects
1	0.02-.03%	No overt effects, slight mood elevation
2	0.05-0.06%	Feeling of relaxation, warmth; slight decrease in reaction time and in fine muscle coordination
3	0.08-0.09%	Balance, speech, vision, hearing slightly impaired; feelings of euphoria, increased confidence, loss of motor coordination
3-4	0.08%	Legal intoxication
4	0.11-0.12%	Coordination and balance becoming difficult; distinct impairment of mental faculties, judgement
5	0.14-0.15%	Major impairment of mental and physical control; slurred speech, blurred vision, lack of motor skills
7	0.20%	Loss of motor control – must have assistance in moving about; mental confusion
10	0.30%	Severe intoxication; minimum conscious control of mind and body
14	0.40%	Unconsciousness, threshold of coma
17	0.50%	Deep coma
20	0.60%	Death from respiratory failure

** 1 drink = 1, 12oz beer (4% alcohol) 1 highball (1oz Whiskey)

Source: Modified from data given in Ohio State Police Driver Information Seminars and the National Clearinghouse of Alcohol and Alcoholism Information, 5600 Fishers Lane, Rockville MD 85206

Above References from:

Hanson, G. R., Venturelli, P.J., Fleckenstein, A.E. (2012). *Drugs and society*. Burlington, MA: Jones & Barlett Learning.