

PREVENTION TEEN TALKS: ALCOHOL

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What is Binge Drinking?

Binge drinking is the act of consuming 4 or more alcoholic beverages in a single sitting (generally being reported within 2 hours). Parties are the most common place for binge drinking to occur. Oftentimes, people do not intend to binge drink, but either due to peer pressure or, being lost in the moment, drink more alcohol than they considered.



2,300

About 2,300 people die each year from alcohol poisoning. These deaths are preventable.

(CDC, 2021)



The Side Effects of Binge Drinking

There are many side effects to binge drinking, including short-term and long-term effects. It is important to take these effects into consideration before partaking in binge drinking. Short-term and long-term side effects to binge drinking may include:

Short-Term Effects:

- Dehydration
- Alcohol poisoning
- Slower breathing
- Poor motor control
- Slower reaction times

Long-Term Effects:

- Liver problems
- Loss of brain volume (gray matter)
- High blood pressure
- Social isolation
- Mental Health struggles
- Insomnia
- Stroke



DAVID LAWRENCE
CENTERS
FOR BEHAVIORAL HEALTH™



Alcohol Poisoning

Alcohol poisoning is a short-term consequence of binge drinking alcohol. However, this short-term symptom can have long-term outcomes as alcohol poisoning can result in death. There are 5 stages of alcohol poisoning. If anyone exhibit behavior associated with the later stages of alcohol poisoning, it is recommended you seek medical attention immediately.



Stages of Alcohol Poisoning:

Stage 1: Confusion or disorientation

Stage 2: Nausea and vomiting

Stage 3: Changes in breathing and temperature

- Consumption of large amounts of alcohol can result in the shut down of key body functions. This includes breathing and body temperature regulation.

Stage 4: Pale skin coloring

- Due to the change in breathing and body temperature in Stage 3, the person's skin can turn pale or even blue, especially in the lips.

Stage 5: Loss of consciousness

MYTH CHECK!

Myth #1: "Beer and wine are safer than liquor."

- **MYTH:** Alcohol is alcohol. A 12-ounce beer, a 5-ounce glass of wine, and a shot of liquor (1.5 ounces) all have the same amount of alcohol.

Myth #2: "You can drink alcohol and you won't get into trouble."

- **MYTH:** All states have 21-year-old minimum-drinking-age laws. If you get caught drinking, you might have to pay a fine, do community service, take alcohol awareness classes, or even spend time in jail.

Alcohol and The Brain

One of the most dangerous effects underage drinking is damage to brain tissue. It takes the brain about 25 years to fully develop, and the brain undergoes two major stages of growth. The first one occurs when you are a newborn; The second, when you go through puberty. Consuming alcohol during these formative years for brain development can cause everlasting effects.

The most damaging effect alcohol can have on the brain is loss of gray matter. The brain is made up of gray matter and white matter, with gray matter making up around 40% of your brain. This part of the brain handles incoming information and delivers that information to different parts of your body. It contains most of the neuron brain cells that allow the brain to process information. Grey matter also aids in controlling the memory, emotions, and movements. There is no way for gray matter that has been lost to be replaced or regrown.



Horseshoe Drive Location | Prevention Services
2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register contact 239-263-4013
Prevention Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

