

Alcohol

DID YOU KNOW...

- Alcohol is a depressant. Some of the names for different types of alcohol are: “booze,” “sauce,” “brews,” “brewskis,” “hooch,” “hard stuff,” “juice,” “beer,” “wine,” “cooler” and “malt liquor.”
- Alcohol goes straight into the user’s bloodstream, and from there goes into the tissues and organs of the body. The effects of alcohol depend on a variety of factors, including the user’s size, weight, age and sex, as well as the amount of food and alcohol consumed at the time of use.



- Drinking alcohol causes loss of coordination, poor judgment, slowed reflexes, slurred speech, distorted vision, memory lapses, and even blackouts.
- Drinking alcohol can also lead to violent and aggressive behavior.
- Taking large amounts of alcohol can cause nausea, disturbed sleep and vomiting. Hangovers (headache, nausea, dizziness and tiredness) are another possible effect after large amounts of alcohol are consumed.
- Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death.
- Continued and heavy use of alcohol can lead to addiction. Stopping long-term alcohol use suddenly can cause withdrawal symptoms, including severe anxiety, tremors, hallucinations and convulsions.
- Long term effects of using alcohol can lead to permanent damage to vital organs such as the brain and liver. Mothers who drink alcohol during pregnancy may give birth to infants who suffer from mental retardation and other abnormalities that can't be changed.