

facts about...

ALCOHOL

WHAT IT IS

NAMES: ethyl (beverage) alcohol

TYPE: central nervous system depressant

FORMS: clear, absolute alcohol liquid diluted and/or blended as wine, beer, liquor (distilled spirits) or liqueur

USAGE: swallowed in drinks which may be blended or mixed with other spirits or nonalcoholic substances

LEGAL STATUS: legal for those 21 years and older

OTHER FORMS: small amounts used in personal hygiene products and certain medications

WHAT IT FEELS LIKE

Initial relaxed and/or sociable feeling may be replaced with depression, anger, loss of control and drowsiness. Effects vary with individual.

WHAT IT DOES

To YOUR MIND: lowers ability of brain to control behavior and impairs your ability to perform motor skills such as driving

To YOUR BODY: lessens ability to move or speak effectively

HOW IT CAN HURT YOU

- memory loss
- impotence
- liver, kidney, stomach and intestine damage
- brain damage
- Unborn children of using mothers may be affected by mental retardation, deformities, heart defects and delayed development.
- addiction
- death from inability to breathe, heart failure, severe withdrawal effects, interaction with other drugs, driving while under the influence

WHEN TO GET HELP

- Do you think about how and when you're going to drink again?
- Is your school performance affected by your drinking?
- Has your health changed?
- Do you stop and start drinking to test yourself?
- Are you a weekend binge drinker?
- Have you been stopped for drunken driving?

FACT:

It's estimated that one in 20 Americans has an alcohol dependency problem. Of all the drugs in the world, alcohol and tobacco remain the top two killers.