ALCOHOL
WHAT IS ALCOHOL?

* Alcohol is the MOST ABUSED drug by Soldiers.

* Alcohol is a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquor.

* Alcohol is a Central Nervous System (CNS) depressant.

* Alcohol is considered to be a gateway drug to other drug use.

People who drink alcohol are more prone to divorce and suicide than the rest of the population.
A standard alcohol drink is considered to be:

- One 12-ounce bottle of beer/wine cooler
- One 5-ounce glass of wine
- 1.5 ounces of 80-proof distilled spirits.

Alcohol is also known as:

- Booze
- Juice
- Sauce
WHAT IS BLOOD ALCOHOL CONTENT (BAC)?

* **Blood Alcohol Content (BAC)** - The amount of alcohol present in a 100 milliliter (mL) volume of blood.

* The BAC is related to the users:
  - **Body Weight**
  - **Metabolism**
  - **Drinking Speed** - Someone that ‘chugs’ their drink will have a higher BAC than someone that ‘sips’ the same amount of alcohol.
.02 - .03 BAC - No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.

.04 - .06 BAC - Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. .05 IS THE LEGAL LIMIT IN THE U.S. ARMY.

.07 - .09 BAC - Slight impairment of balance, speech, vision, and reaction time. Judgment and self-control are reduced, caution and reason are impaired. IN MOST STATES THE LEGAL LIMIT IS .08.

.1 - .125 BAC - Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. IT IS ILLEGAL IN ALL STATES TO OPERATE A MOTOR VEHICLE AT THIS STAGE.
.13 - .15 BAC - Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

.16 - .20 BAC - Dysphoria predominates, nausea begins to appear. The drinker appears to be a “sloppy drunk”.

.25 BAC - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

.30 BAC - Loss of consciousness.

.40 ≤ BAC - Coma, and possible death due to respiratory arrest.
IMMEDIATE PHYSICAL EFFECTS

- Slurred Speech
- Slow Reactions
- Irregular Pulse
- Blurred Vision
- Loss of Inhibitions
- Dizziness
- Staggering
- Nausea/Vomiting
- Impaired Motor Skills
- Enlarged Heart
- High Blood Pressure
- Unconsciousness
PHYSICAL SIGNS OF USE

- Dilated Pupils
- Nausea/Vomiting
- Unconsciousness
- Alcohol Odor on Breath
- Irregular Pulse
- Slow Reactions
- Enlarged Heart
- Slurred Speech
- High Blood Pressure
- Dilated Pupils
- Overdose/Death
- Blurred Vision

**LONG TERM EFFECTS**

- Vitamin Deficiencies
- Skin Problems
- Loss of Muscle Tissue
- Sexual Impotence
- Stomach Damage
- Small Intestine Damage
- Loss of Feeling in Hands/Feet
- Pregnancy Complications
- Liver Cirrhosis/Cancer
- Heart Disorders
- Blood Disorders
- Lung Disease
- Brain Damage
- Death
ALCOHOL WITHDRAWAL

• When a alcohol dependent person stops consuming alcohol they may experience withdrawal symptoms:
  - Auditory Hallucinations
  - Paranoid Behavior
  - Body Trembles, “The Shakes”, this can occur as early as 12 hours after the last drink.

• The alcohol dependent person may also show minor signs of withdrawal:
  - Agitation
  - Profuse Sweating
  - Nausea/Vomiting
  - Incoherent Speech
The addicted individual can also suffer extremely serious, and sometimes fatal, side effects of alcohol withdrawal:

- **Delirium Tremens (DTs)** - A disorder involving sudden and severe mental changes (psychosis) or neurologic changes (including seizures) caused by stopping the use of alcohol.
- **Alcoholic Psychoses**, when the addicted person is scared of imaginary small animals, and horrible sights and sounds.
Percentages Reporting Past Month Alcohol Use, Past Month "Binge" Alcohol Use, and Past Month Heavy Alcohol Use Among Persons Aged 18-25, 1999 and 2000

2000 National Household Survey on Drug Abuse
ADDITIONAL RESOURCES

- http://www.health.org
- http://www.alcoholics-anonymous.org/
- http://www.al-anon.alateen.org/
UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS

For more Information Contact:
MSG Arthur J. Hottin
COM (508) 233-6797 or DSN 256-6797
ajhottin@us.army.mil