

FACTS ABOUT ALCOHOL

- 1. Ethyl alcohol is used as a beverage. There are other alcohols but none other is used as a beverage.**
- 2. Most people drink in moderation and never have a problem but about 10% have a problem controlling it.**
- 3. Beer is usually 5% alcohol, wine averages 12% and distilled beverages such as Whiskey, vodka, gin, brandy, rum, tequila and others are most commonly 40%. A 12 oz. beer, 5 oz of wine, or 1 1/2 oz of a distilled beverage have the same amount of alcohol.**
- 4. Alcohol acts rapidly. It takes only minutes after drinking for it to affect the brain and therefore the behavior, thought and coordination.**
- 5. 80% of violent crimes occur under the influence of alcohol.**
- 6. When drinking is frequent, tolerance develops. This means it takes more to get the same effect.**
- 7. As the amount of alcohol increases, there may be memory loss, known as blackout. Later the drinker cannot remember even very important things.**
- 8. Family, employment and medical problems such as cirrhosis of the liver and dementia (loss of the ability to think and remember) develop.**
- 9. Heavy users may drink to excess for many years before they suffer withdrawal when they stop. Those who begin drinking in childhood suffer withdrawal earlier.**
- 10. Withdrawal starts about eight hours after the last drink. The person feels anxious, shakes, vomits, sweats, and feels very ill. Blood pressure and pulse increase, there is difficulty sleeping, and convulsions (seizures) may occur. Dehydration is the rule.**
- 11. Alcohol withdrawal can be fatal. It is more dangerous than withdrawal from any other drug and often requires medical treatment.**

12. Treatment of alcohol withdrawal is also called alcohol detoxification, or just detox.

13. Delirium tremens (DTs) begin later and much less frequently than earlier withdrawal just described, usually three to four days after the last drink. Symptoms include great confusion, agitation, and hallucinations (seeing, hearing or feeling things that are not there). Tremors and the inability to eat or sleep continue. Medical care is even more important than with earlier withdrawal.

14. When a pregnant woman uses alcohol even in moderate amounts, it often causes severe problems in the baby this includes facial deformities and mental retardation. It is known as Fetal Alcohol Syndrome (FAS).