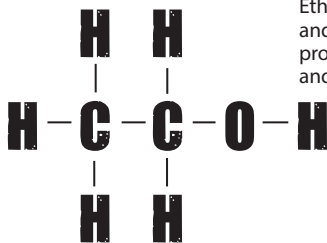


FACT AND FICTION:



Ethanol = beer, wine, liquor, wine coolers

Ethanol is a volatile flammable colorless liquid. It is classified as a depressant.

Body Damage:

Brain - Atrophy (This means your brain actually wastes away! Yikes!)

Heart - Can make your heart bigger and thins the walls

Liver - Cirrhosis and Hepatitis

Stomach / Digestive System - Ulcers and increased cancer risk

Alcohol that is consumed is called ethanol or grain alcohol. Ethanol is created by yeast, a microorganism, which eats the sugars and produces ethanol and carbon dioxide as waste products. This process is called fermentation. Brewers attempt to capture ethanol and create alcoholic beverages.

Addiction Profile:

Alcoholism has four main stages: Early or First Stage, Second Stage, Third Stage, and Late or Fourth Stage.

First Stage:

- An increased tolerance to alcohol.
- Drinking more often and in larger amounts.
- A "live it up" attitude about activities to drink.
- A reckless or "big shot" complex.
- Blindness to the growing problem drinking is causing.
- Stress upon social, family, and professional relationships.

Second Stage:

- Dependence on drinking is apparent.
- Blackouts/Loss of control.
- Can't stop drinking.
- Physical problems get more severe.
- Getting drunk is now a fast effect faster.
- Social and work life becomes seriously affected.

Third and Fourth Stages:

- Severe depression.
- Suicide risk.
- Severe withdrawal symptoms (shaking, vomiting, hallucinations).
- Benders, or periods of lengthy intoxication.
- Continual loss of control over behavior.
- Resentment and hostility toward others.
- Complete loss of financial, family and social stability.

REVIEW ONLY

School Datebooks

DO NOT SUBMIT FOR PRINT

ETHANOL



Addiction Rank: 6th

Harmfulness: 5th

Description: A volatile colorless liquid created through a fermentation process.

Side Effects: dehydration, dizziness, nausea, irritability, loss of decision-making abilities, coma, and death.

MYTH:

If I don't feel intoxicated, I am not intoxicated.

BUSTED:

Over time, tolerance to alcohol can prevent a person from feeling intoxicated, but it is a ruse. The body is still absorbing, processing, and being damaged by the alcohol that is being consumed. Tolerance increases the risk of incurring alcohol poisoning and is an early signal of addiction, not a positive attribute.