

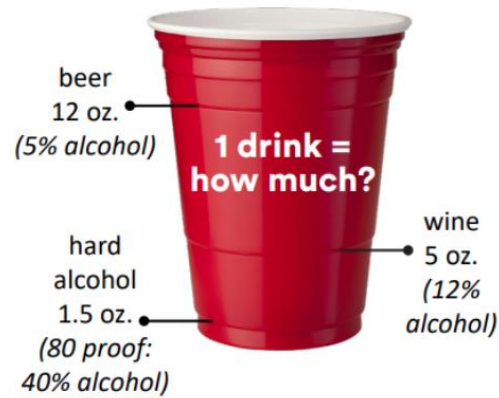


DRINKING FACTS

Moorpark College
Student Health
Center



What's a Standard Drink?



Know the STRENGTH (proof)
Know the AMOUNT (oz.)
Know the TIME (consumption rate)

(Cornell, 2019)

Hangovers

Alcohol...

causes your body to produce more urine
triggers an inflammatory response from your
immune system irritates the lining of your stomach
causes your blood sugar to fall impacts sleep
causes blood vessels to expand

**All of these reasons and more contribute to
hangovers.**

REMEMBER:

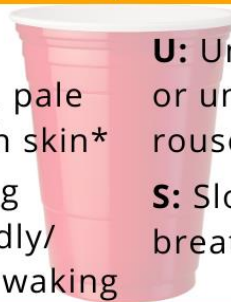
"CUPS" to check for Alcohol Poisoning. Call
911 if you see any of these symptoms:

C: Cold,
clammy, pale
or bluish skin*

P: Puking
repeatedly/
without waking

U: Unconscious
or unable to be
roused*

S: Slow or irregular
breathing*



To drink or not to drink?

In general, it can be a good idea not to
drink if you are:



Hungry
Angry
Lonely
Tired

(Cornell, 2019)

Do you have questions or
concerns about your drinking
habits?

CONTACT US!

We have a full clinical staff and
mental health team available to help.

 805-378-1413

 Admin Bldg Rm 111



 mc_studenthealthcenter

Moorpark College does not discriminate on the basis of
race, color, national origin, sex, disability, age or sexual
orientation.



FACTS ABOUT DRIVING

Per the DMV, it is illegal for any person to operate a vehicle with a:

BAC of 0.08% or higher, if the person is 21 years old or older.

BAC of 0.01% or higher, if the person is under 21 years old.

BAC of 0.01% or higher at any age, if the person is on a DUI probation.

| Number of Drinks | | BLOOD ALCOHOL CONTENT (BAC) Table for Male (M) / Female (F) | | | | | | | | Driving Condition |
|------------------|---|--|-----|-----|-----|-----|-----|-----|-----|-------------------------|
| | | Body Weight in Pounds | | | | | | | | |
| | | 100 | 120 | 140 | 160 | 180 | 200 | 220 | 240 | |
| 0 | M | .00 | .00 | .00 | .00 | .00 | .00 | .00 | .00 | Only Safe Driving Limit |
| | F | .00 | .00 | .00 | .00 | .00 | .00 | .00 | .00 | |
| 1 | M | .06 | .05 | .04 | .04 | .03 | .03 | .03 | .02 | Driving Skills Impaired |
| | F | .07 | .06 | .05 | .04 | .04 | .03 | .03 | .03 | |
| 2 | M | .12 | .10 | .09 | .07 | .07 | .06 | .05 | .05 | |
| | F | .13 | .11 | .09 | .08 | .07 | .07 | .06 | .06 | |
| 3 | M | .18 | .15 | .13 | .11 | .10 | .09 | .08 | .07 | Legally Intoxicated |
| | F | .20 | .17 | .14 | .12 | .11 | .10 | .09 | .08 | |
| 4 | M | .24 | .20 | .17 | .15 | .13 | .12 | .11 | .10 | |
| | F | .26 | .22 | .19 | .17 | .15 | .13 | .12 | .11 | |
| 5 | M | .30 | .25 | .21 | .19 | .17 | .15 | .14 | .12 | |
| | F | .33 | .28 | .24 | .21 | .18 | .17 | .15 | .14 | |

Subtract .01% for each 40 minutes that lapse between drinks.
 1 drink = 1.5 oz. 80 proof liquor, 12 oz. 5% beer, or 5 oz. 12% wine.
Fewer than 5 persons out of 100 will exceed these values.

This chart is from the DMV's website. Each person's intoxication level may vary. This should not be used to determine the ability to drive safely.

DID YOU KNOW THAT BIOLOGICAL SEX PLAYS A ROLE IN INTOXICATION LEVELS?

Here are a few reasons why:

- The total weight of a male-bodied person is composed of 55-65% water (vs 45-55% water for a female-bodied person); so alcohol is more diluted in a male-bodied person.
- Male-bodied people have higher levels of an enzyme (gastric alcohol dehydrogenase) that aids the metabolism of alcohol.
- Hormonal changes in female-bodied people affect BAC.
- Body size matters. Generally, male-bodied people have larger skeletal frames and muscles, so alcohol is diluted over a larger mass.
- For individuals who are trans, hormone therapy may increase intoxication effects of alcohol. However, physiological traits (liver size, enzyme levels, etc.) tend to play a larger role.
- There is limited research on how alcohol impacts intersex individuals

Alcohol and Sex

Alcohol may be bad for your sex life

Heavy drinking can make it difficult to maintain an erection or ejaculate.



Heavy drinking can decrease lubrication or the ability to orgasm in female-bodied people.

An intoxicated person cannot consent to sex.

Drinking may alter one's decision making process and lead to "regrets."

Drinking may impact the likelihood of having safe sex. People are less likely to use protection or to use protection correctly.