

RISKY DRINKING



MIXING ALCOHOL AND OTHER SUBSTANCES

Depressants (e.g., Xanax, Valium) combined with alcohol have a potential for dangerous and even lethal consequences such as rapid onset of dizziness, stumbling, loss of sphincter control, memory loss and potential death.

Stimulants (e.g., Ritalin, Adderall) combined with alcohol conceal alcohol's effects, so people cannot gauge their level of intoxication. This can result in over-consumption, e.g. black out, pass out and potential death.

Opiates (e.g., Vicodin, OxyContin, Percocet) combined with alcohol can result in slowed or arrested breathing, lowered pulse and blood pressure, unconsciousness, coma, and potential death.

(University Michigan)



COULD YOU HAVE A DRINKING PROBLEM?

Do you drink 4, 5 or more drinks in a single occasion?

Need to drink to have fun?

Have a hangover 2 or 3 times a month?

Do things you wouldn't normally do after drinking?

Mix alcohol with other substances?

For male-bodies, drink 14 or more drinks per week?

For female-bodies, drink 7 or more drinks per week?

If you answered yes to any of the above questions, consider scheduling an appointment with the MC Student Health Center to talk further.



MOORPARK COLLEGE STUDENT HEALTH CENTER

CONTACT THE MC STUDENT HEALTH CENTER

☎ 805-378-1413

📍 Admin Bldg Rm III

🌐 www.moorparkcollege.edu/health



mc_studenthealthcenter

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DRIVING UNDER THE INFLUENCE

On average, a DUI can set you back **\$10,000** in attorney's fees, fines, court costs, lost time at work, higher insurance rates, car towing, and more. Plus, you can lose your driver's license and car.

BAC Predictable Impact on Driving

- .02 Decline in visual functions, decline in ability to perform 2 tasks at the same time
- .05 Reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response
- .08 Concentration, short-term memory loss, speed control, reduced information processing capability, impaired perception
- .10 Reduced ability to maintain lane position and brake appropriately
- .15 Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

If you have to do something to make yourself okay to drive, you're not okay to drive

THE EFFECTS ON YOUR BODY

Counting calories?

Alcohol may cause unwanted weight gain.



1.5oz. Tequila
104 Cal.



5oz. Wine
160 Cal.



12oz. Beer
96-350 Cal.



1 Margarita
200-750 cal.



8 oz. Rum & Coke
200 cal.



Gin & Tonic
190 cal.



Long Island Ice-Tea
780 cal.



Jager Bomb
209 Cal.

DRINKING TOO MUCH?

What is binge drinking?

For female-bodies: 4 or more drinks
For male-bodies: 5 or more drinks
on one occasion

What is "heavy" drinking?

For female-bodies: 7 or more drinks
For male-bodies: 14 or more drinks
in a week

Tolerance to alcohol makes you feel less drunk, but it does not change your BAC (blood alcohol content)

WHAT CAN ALCOHOL DO TO YOUR BODY?

Cause **dehydration**. This contributes to symptoms such as thirst, fatigue, and a headache.

Disrupt sleep.

Upset the stomach. Alcohol directly irritates the lining of the stomach and increases acid release. This can lead to nausea and stomach discomfort.

Increase **inflammation**. Inflammation can cause muscle aches, pain, and other discomfort.

Acetaldehyde exposure. Alcohol metabolism creates the compound acetaldehyde, a toxic, short-lived byproduct, which contributes to inflammation in the liver, pancreas, brain, gastrointestinal tract, and other organs

Mini-withdrawal. When the buzz wears off, people can feel more restless and anxious than before they drank.

Some people can experience **life-threatening** symptoms from alcohol, like seizures. Always call 911 for emergencies.

Long-term alcohol use can lead to significant health concerns like liver damage and even death.

