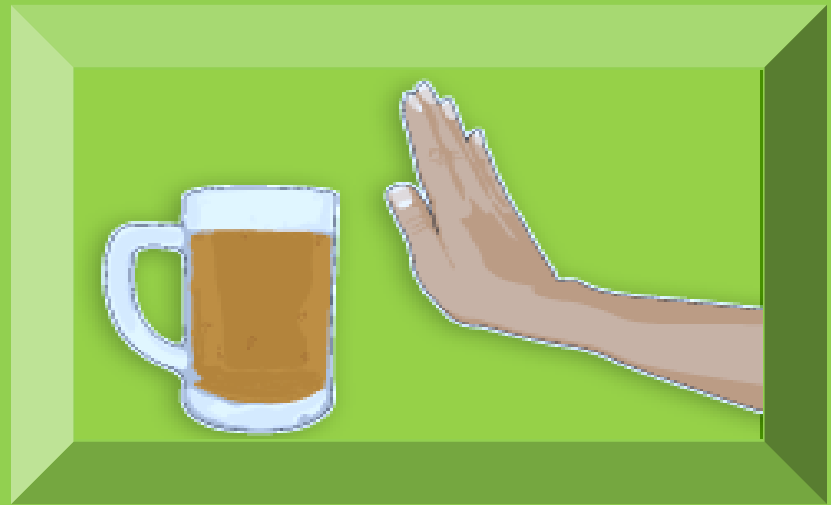


## Chapter 15

# Alcohol

## Lesson 2

### Effects of Alcohol Use



# Effects of Alcohol Use

**BIG IDEA** → Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Building Vocabulary

- **intoxicated**      Physically and mentally impaired by the use of alcohol
- **blood alcohol concentration (BAC)**      The amount of alcohol in the blood
- **alcohol poisoning**      A dangerous condition that results when a person drinks excessive amounts of alcohol over a short time period
- **fatty liver**      A condition in which fats build up in the liver and cannot be broken down

# Effects of Alcohol Use

**BIG IDEA** → Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Building Vocabulary

- **cirrhosis**      The scarring and destruction of liver tissue
- **reaction time**      The ability of the body to respond quickly and appropriately to situations
- **fetal alcohol syndrome (FAS)**      A group of alcohol-related birth defects that include both physical and mental problems

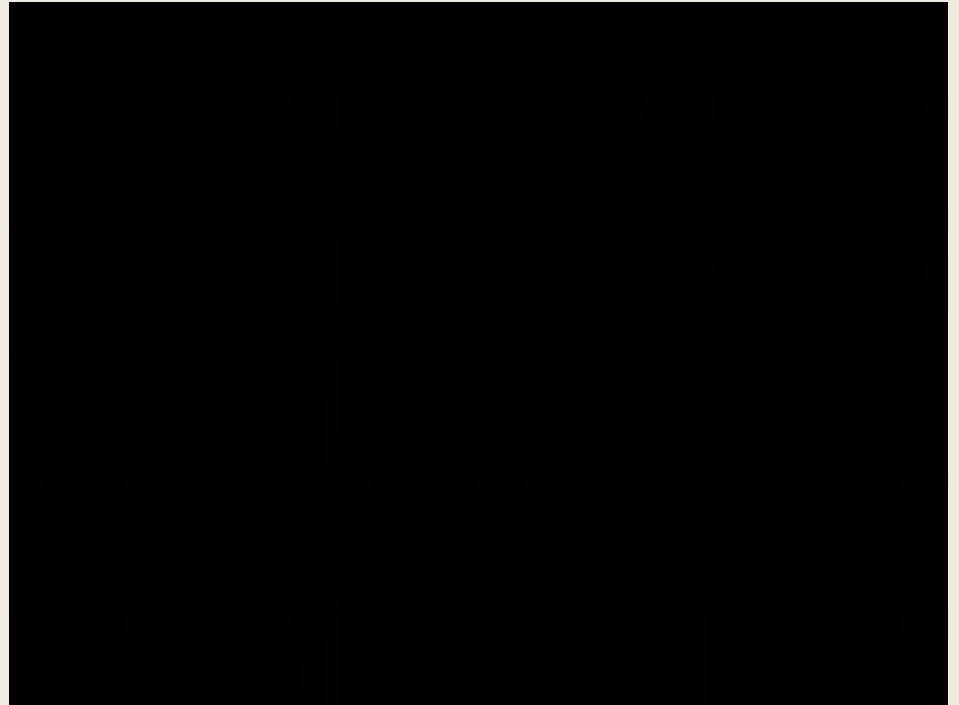
# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Health eSpotlight Video

*Watch the video and complete the questions.*

1. Name two key factors in reducing underage drinking.
2. Give examples of ways to say no to someone who is offering you alcohol.

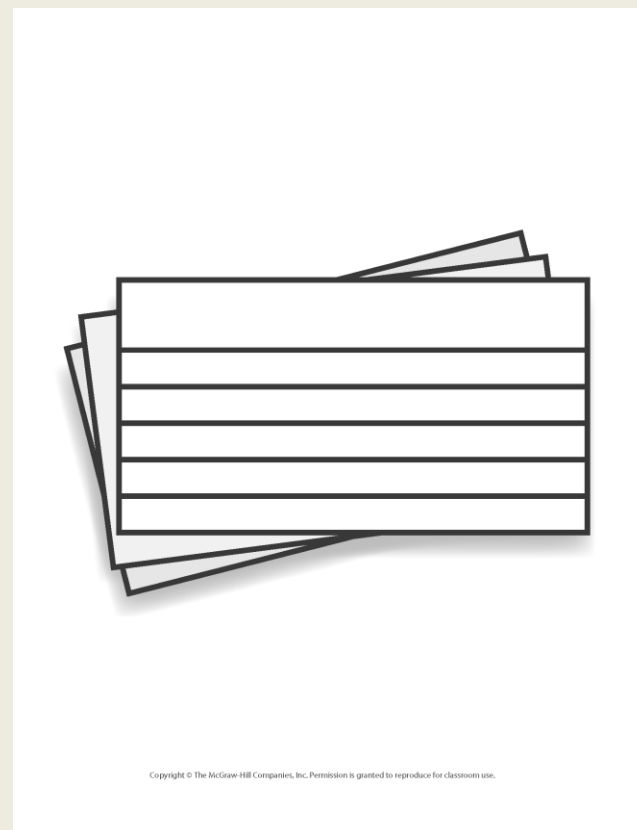


# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Study Organizer

Use the study organizer to take notes as you read the lesson.



# Effects of Alcohol Use

**BIG IDEA** → Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Real-Life Issues

**Your Health Inventory** Open a new page in your online Notebook and add the title *Effects of Alcohol Use*. For each statement in the Lesson Resources panel, record your response in your online Notebook. Response choices are “Yes,” “No,” and “Sometimes.” When you finish reading the lesson, check your responses. Would you change any responses?

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## How Alcohol Affects the Body

Alcohol affects the brain and central nervous system as soon as 30 seconds after it is consumed.

Alcohol does not affect everyone in the same way, however. Some people can consume more than others before they become **intoxicated**.

### New Vocabulary

**intoxicated** Physically and mentally impaired by the use of alcohol

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## How Alcohol's Effects Vary

Different people react to alcohol use in different ways. One of the biggest factors is the user's **blood alcohol concentration (BAC)**. An alcohol user's BAC is expressed as a percentage.

### New Vocabulary

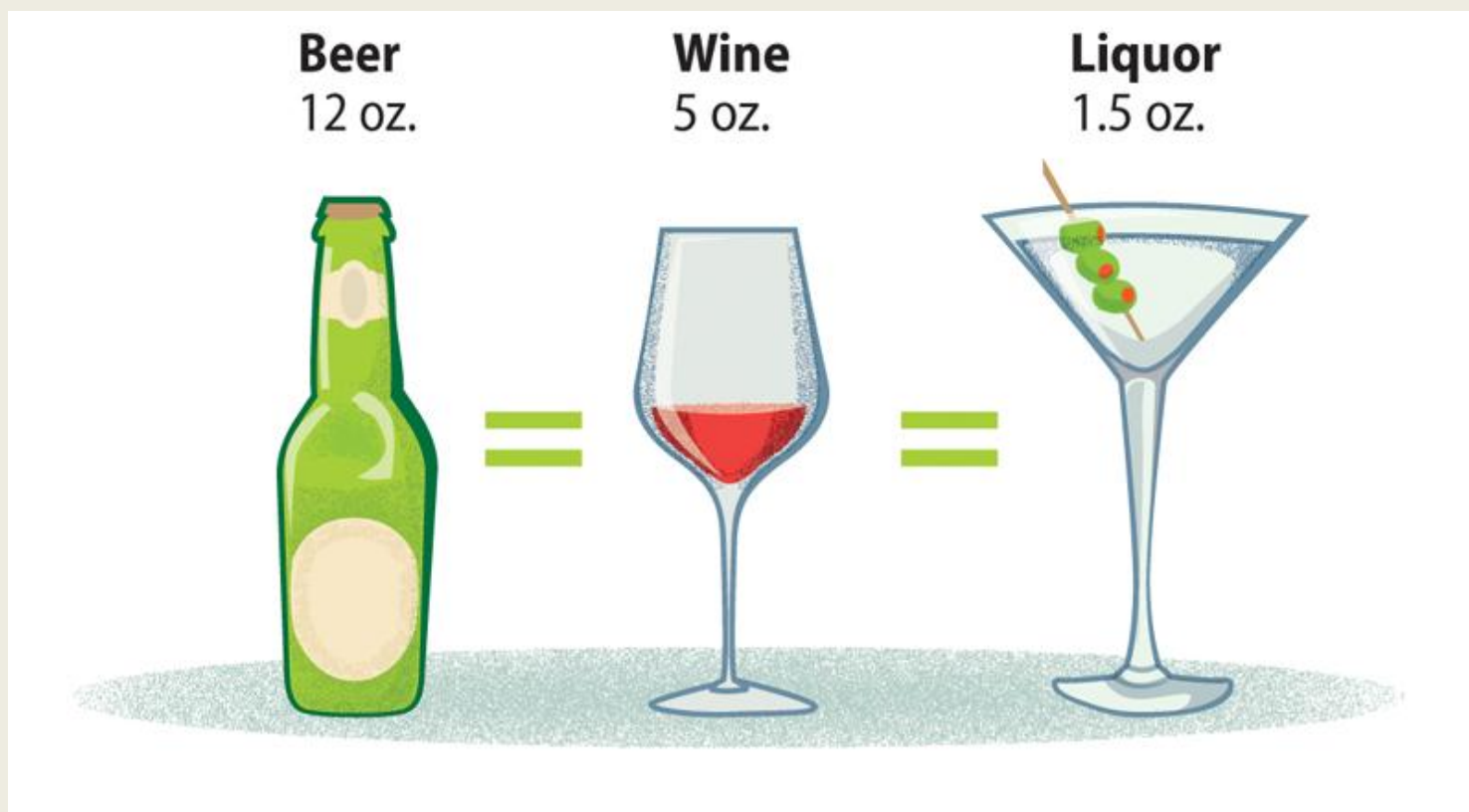
**blood alcohol concentration (BAC)** The amount of alcohol in the blood



# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## How Alcohol's Effects Vary



# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Short-Term Effects

**Alcohol and the Brain** Alcohol is absorbed into the bloodstream and reaches the brain very quickly. As a result, the brain and nervous system slow down immediately. Even one drink can make it difficult to think clearly.

Alcohol blocks messages trying to get to the brain. After more drinks, it becomes harder to concentrate and remember. Also, it becomes difficult to speak clearly or walk in a straight line.

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Short-Term Effects

**Alcohol and the Stomach** In the stomach, alcohol increases the flow of acid used for digestion. Some people become sick to their stomach. Most of the alcohol passes into the small intestine. Some, however, is absorbed into the bloodstream and causes the blood vessels to expand. From the bloodstream, alcohol passes into the liver.

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Short-Term Effects

**Alcohol and the Heart** Alcohol affects the way the heart pumps blood through the body. Because it makes the blood vessels wider, the blood comes closer to the surface of the skin. This makes a person who is consuming alcohol feel warm, but his or her body temperature is actually dropping. Alcohol also slows down a person's heart rate.

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Short-Term Effects

**Alcohol and the Liver and Kidneys** The liver acts like a filter, taking alcohol from the bloodstream and removing it from the body. However, the liver can filter only about half an ounce of alcohol from the bloodstream each hour. Any additional alcohol that is consumed stays in the bloodstream and affects the body.

In addition, alcohol causes the kidneys to produce more urine. Extra urine production can lead to dehydration, or the loss of important body fluids. When people consume too much alcohol, they often feel more thirsty than usual the next day.

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Short-Term Effects

**Alcohol Poisoning** If someone consumes a lot of alcohol very quickly, it can lead to **alcohol poisoning**. Binge drinking is a common cause of alcohol poisoning. A person who has too much too quickly may vomit, become unconscious, or have trouble breathing. Alcohol poisoning can result in death.

### New Vocabulary

**alcohol poisoning** A dangerous condition that results when a person drinks excessive amounts of alcohol over a short time period

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Long-Term Effects

**Brain** Alcohol affects the parts of the brain which control memory and problem solving. Alcohol also destroys brain cells. Because brain cells do not grow back, this can be serious enough to limit everyday functions. Alcohol can also block messages sent to the brain. When this happens, people can have a hard time seeing, hearing, or moving.

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Long-Term Effects

**Heart Heavy** drinking makes the heart weak and enlarged, which leads to high blood pressure. The risk of congestive heart failure and stroke also increases with excessive alcohol use.



# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Long-Term Effects

**Stomach** Alcohol causes your body to create more acid. Stomach acid usually helps with digestion. However, the extra acid created by alcohol consumption can eventually cause an ulcer to develop in the stomach lining.

Drinking alcohol also makes the valve between your stomach and esophagus weak. This valve usually works to keep acid in the stomach. When it is weakened by alcohol use, acid comes up and causes heartburn.

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Long-Term Effects

**Liver** Consuming alcohol regularly over a long period of time puts a serious strain on the liver. One potential condition is **fatty liver**. Heavy drinkers are particularly at risk of developing **cirrhosis**.

### New Vocabulary

**fatty liver** A condition in which fats build up in the liver and cannot be broken down

### New Vocabulary

**cirrhosis** The scarring and destruction of liver tissue

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Other Dangers of Alcohol Use

**Alcohol *and* Driving** A person who uses alcohol experiences loss of coordination, concentration, and visual awareness. He or she also has slowed **reaction time**. Driving while intoxicated is extremely dangerous for the driver, his or her passengers, and others on the road.

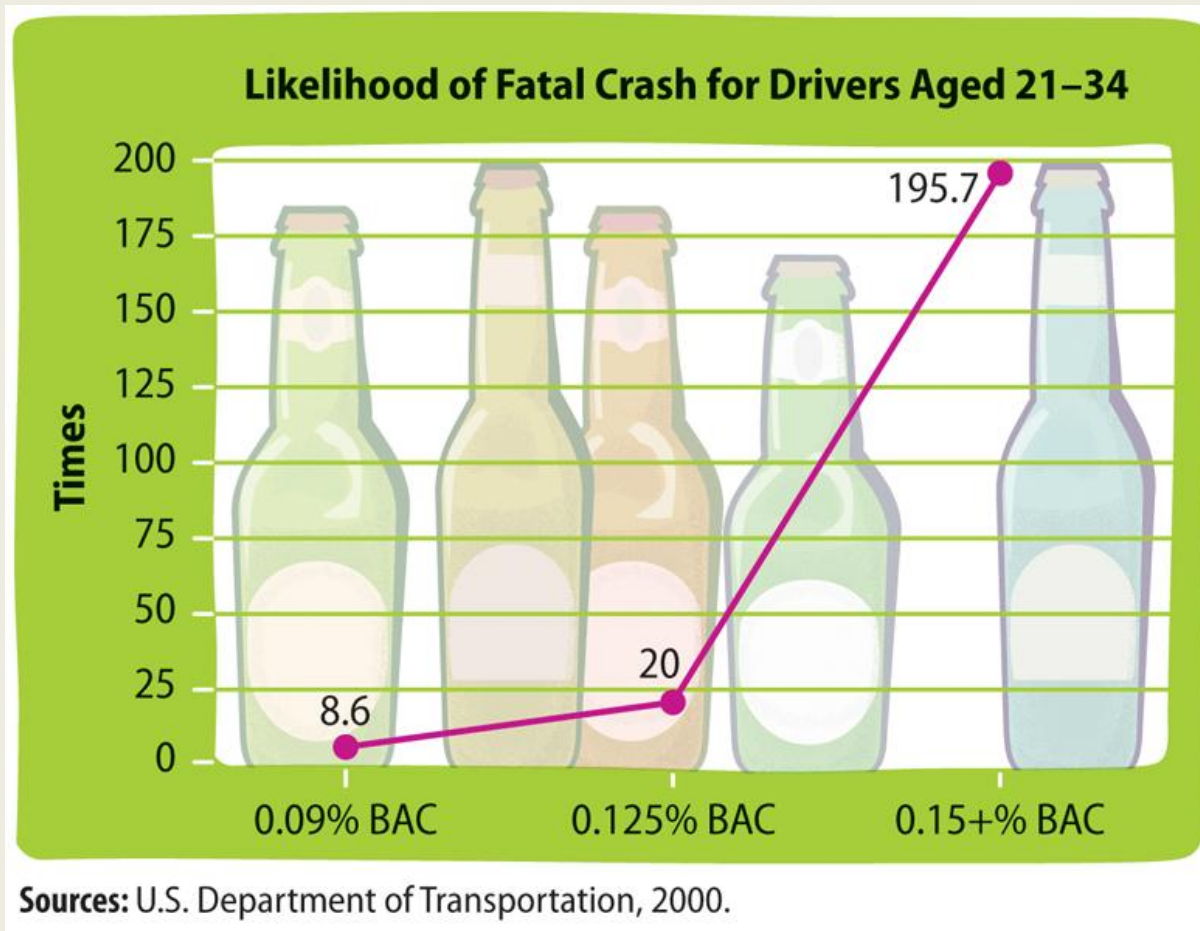
### New Vocabulary

**reaction time** The ability of the body to respond quickly and appropriately to situations

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Other Dangers of Alcohol Use



# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Other Dangers of Alcohol Use

**Alcohol *and* Behavior** Teens who use alcohol are more likely to do poorly in school. A teen who uses alcohol may start to lose interest in his or her favorite activities. In addition, that person may risk losing friends as a result of his or her alcohol use. Someone under the influence of alcohol might also engage in other risk behaviors such as tobacco use or sexual activity. Alcohol use can lead a person to make unhealthful decisions.

# Effects of Alcohol Use

**BIG IDEA** Alcohol use has far-reaching effects to the body, other people, and personal relationships.

## Other Dangers of Alcohol Use

**Alcohol *and* Pregnancy** If a pregnant woman consumes alcohol, it passes through her bloodstream to her baby. This can lead to what is known as **fetal alcohol syndrome (FAS)**.

### New Vocabulary

**fetal alcohol syndrome (FAS)** A group of alcohol-related birth defects that include both physical and mental problems

# Effects of Alcohol Use

## Lesson 2 Review

### ▶▶▶ After You Read

**Describe** What kinds of long-term damage can alcohol use cause?

# Effects of Alcohol Use

## Lesson 2 Review

### ▶▶▶ After You Read

**Recall** Describe how alcohol affects the mind.



# Effects of Alcohol Use

## Lesson 2 Review

### ▶▶▶ After You Read

**Vocabulary** Define blood alcohol content. Use the term in a sentence.

# Effects of Alcohol Use

## Lesson 2 Review

### ▶▶▶ Thinking Critically

**Apply** You are at a park with friends. When it is time to leave, a friend's brother offers you a ride. You smell alcohol on his breath. What should you do, and why?

# Effects of Alcohol Use

## Lesson 2 Review

### ▶▶▶ Thinking Critically

**Analyze** Why is a person under the influence of alcohol more likely to engage in other high-risk behaviors?

# Effects of Alcohol Use

## Lesson 2 Review

### ▶▶▶ Applying Health Skills

**Access Information** Some teens may believe myths about alcohol. With classmates, research several of these myths. Use your findings to create a poster showing the truth about these concepts.

## Chapter 15

# Alcohol

**END**

**Lesson 2**

**Effects of Alcohol Use**

