

Chapter 12 Reading Guide

1. What is the type of alcohol that we drink? (for example, the type of alcohol in rubbing alcohol is isopropyl alcohol... this is not what we drink) What type of drug is alcohol (ie, stimulant, depressant, etc)?
2. What is considered moderate drinking? Binge drinking? Alcohol abuse? Alcohol dependency? For moderate and binge drinking, differentiate between these definitions for men and women.
3. Describe “one drink” in various types of alcoholic beverages (beer, vodka, etc)
4. What is “blood alcohol concentration?” How is it measured? Discuss the different levels and how they relate to behavior/reaction time/etc. What level is considered fatal?
5. What are some factors that affect blood alcohol concentration?
6. Discuss the role of the liver and alcohol dehydrogenase in alcohol processing. Why and how is the liver affected by binge drinking and chronic alcoholism?
7. What effect does alcohol have on urine production and output? What term is used to describe this effect? How does this relate to your likelihood of becoming dehydrated when you drink alcohol?
8. Discuss several health effects of binge drinking and chronic excessive alcohol intake. Be sure to consider gender-specific problems, and potential problems with fetal development when a pregnant woman drinks.
9. What are symptoms of FAS and FAE? Is there any known safe amount of alcohol for a woman to drink?
10. Why should you talk with your doctor and/or pharmacist before drinking while taking ANY medication (prescription or over-the-counter)?
11. What is the known safe level of alcohol intake by pregnant women? What are symptoms of Fetal Alcohol Syndrome and Fetal Alcohol Effects?
12. Discuss some factors that increase the likelihood that a person will become alcohol-dependent.
13. What are some actions a person can take if he/she suspects or knows he/she has become alcohol-dependent? What are some actions a person can take if he/she suspects a friend has become alcohol dependent?
14. Are there any health benefits of moderate alcohol intake? Discuss.
15. Discuss how common it is for alcohol to be involved in automobile accidents, campus suicides, sexual assaults and violent crimes.
16. Discuss some specific strategies (at least 5) you can implement or recommend to avoid drinking too much, in a situation where you might be encouraged or tempted to do so. This can come from the text, or it can come from your brain.

Just two quick notes-

- 1- One strategy for avoiding hangover is to alternate a glass of water with a drink. So, after you finish one alcoholic drink, drink a glass of water rather than another alcoholic drink. Um... this is also a good strategy for keeping your intake in check and reducing harm to your body, decision-making skills and driving skills
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- 2- Regarding alcohol and pregnancy- I like to be open about this. Yes, some women drink moderate amounts of alcohol (less than one drink, not daily) while pregnant with no apparent problems with the child. Everybody knows this, and sometimes you will hear from friends that they heard somebody's doctor said it was okay, etc. Here's the thing: small amounts of alcohol intake are PROBABLY okay for SOME women during pregnancy. However, different women metabolize alcohol differently, and FAE has been seen in children whose mothers drank very little during pregnancy. While there are some ethnic differences in alcohol metabolism, you have no way of predicting for sure how you will metabolize the alcohol while pregnant. Also, nobody (researchers) really know how little alcohol is little enough. So... just don't drink during pregnancy. It is absolutely the safest route to take.