

Alcohol



Binge Drinking, BAC, and BAP

BINGE DRINKING: Consuming four or more drinks in a row (for women) and five or more drinks in a row (for men) within a couple of hours. This results in a dangerous level of alcohol in the blood.

INTOXICATION: The point at which alcohol depresses the central nervous system, negatively affecting mood, mental and physical abilities.

BLOOD ALCOHOL CONCENTRATION (BAC): The amount of alcohol in the bloodstream (as milligrams of alcohol per 100 milliliters of blood). BAC is determined by measuring alcohol in the breath, blood, or urine. The legal impairment level is .08 at age 21.

BLOOD ALCOHOL POISONING (BAP): When the amount of alcohol in the bloodstream causes parts of the brain that control basic life support functions (heart rate, breathing, and temperature control) to shut down. BAP is otherwise known as alcohol overdose, which can lead to permanent brain damage or death. Using alcohol while taking other medications for pain, anxiety, allergies, or sleep, can increase the risk of overdose.

SERVING SIZE or STANDARD DRINK: How much alcohol one drink contains. In the United States, one 'standard' drink (or one alcoholic drink equivalent) contains roughly 14 grams of pure alcohol.

One Serving Size = 1/2 oz. Alcohol



10-12 oz.
Beer



8-9 oz. Malt
Liquor



1.25-1.5 oz.
Shot
80-Proof Hard



4-5 oz.
Wine

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