

# Binge Drinking ....

More of a Problem Than You Think



Presented by:

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# What Is Binge Drinking?

- . “High Risk Drinking” is a More Descriptive Term
- . Generally Refers to Men having 5 or More Drinks in One Sitting and Women having 4 or More Drinks in One Sitting, Enough to Raise the Blood Alcohol Level Over the .1 Limit for Intoxication
- . Research Studies: 23% of College Students Engaged in “High Risk Drinking” in the Last 2 Weeks, 58% Engaged in “High Risk Drinking” at Some Point in Their Lives; One-third of High School Students Engaged in “High Risk Drinking” over the past 2 weeks
- . Most Fatal Alcohol Overdoses Occur During Binge Drinking

Kuhn et al, Buzzed: The Straight Facts About The Most Used and Abused Drugs

# Medical Complications of Binge Drinking



- . Alcohol is a Sedative Hypnotic Drug
- . Under most Circumstances, Risk of Life Threatening Overdose on Alcohol is Low
- . However, Drinking a Lot of Alcohol Very Quickly Creates High Risk Potential for a Life Threatening Overdose
- . Drinking games, Alcohol in punch or Jello-shots, Drinking on Empty Stomach, Increases the Risk for a Medical Emergency
- . If a Person Becomes Unconscious or Cannot Be Aroused While Drinking -- this is a Medical Emergency
- . Vomiting While Intoxicated can Result in a Blocked Airway, Suffocation, and Death

# Factors Influencing Alcohol Intoxication


- . Alcohol's Effects on the Brain Lead to Intoxication
- . Before "Equilibration" – fairly even distribution – Alcohol Content is Higher in Brain than in Blood
- . Presence or Absence of Food in Stomach is Greatest Factor in Absorption Rate of Alcohol. If Empty Stomach, Peak Blood Concentration in 1 Hour. Peak Blood Concentration Could be 3 x Greater With Empty Stomach
- . The Higher the Alcohol Concentration in the Drink, the Faster the Absorption, Higher Blood Alcohol Level
- . The Higher the Amount of Alcohol, the Higher the Blood Alcohol Level

# Factors Influencing Intoxication



- . Body Type - muscular or obese stature generally results in greater distribution of alcohol in tissues, decreasing blood alcohol level; extra weight slows elimination of alcohol, so retain BAL longer
- . Women – higher blood alcohol concentrations
- . Sons of Alcoholic Fathers – less impairing effects
- . Type II Alcoholism – strongly influenced by genetics
- . Ethnicity – Japanese have liver enzyme which increases elimination of alcohol; American Indian – less of an enzyme which breaks down alcohol

# You May Not Have Known.....

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- . After an Intoxicated Person “Passes Out”, the Body Continues to Absorb the Alcohol Which Has Been Consumed
  - . The Blood Alcohol Level can Reach Dangerous Levels While the Intoxicated Person Sleeps
  - . An Intoxicated Person Can Die in Their Sleep Due to Increasing Alcohol Blood Levels – Without Further Consumption of Alcohol
  - . Rapid consumption of High Alcohol Concentrations can Suppress Centers of Brain Which Control Breathing

# Binge Drinking With Other Sedative Drugs



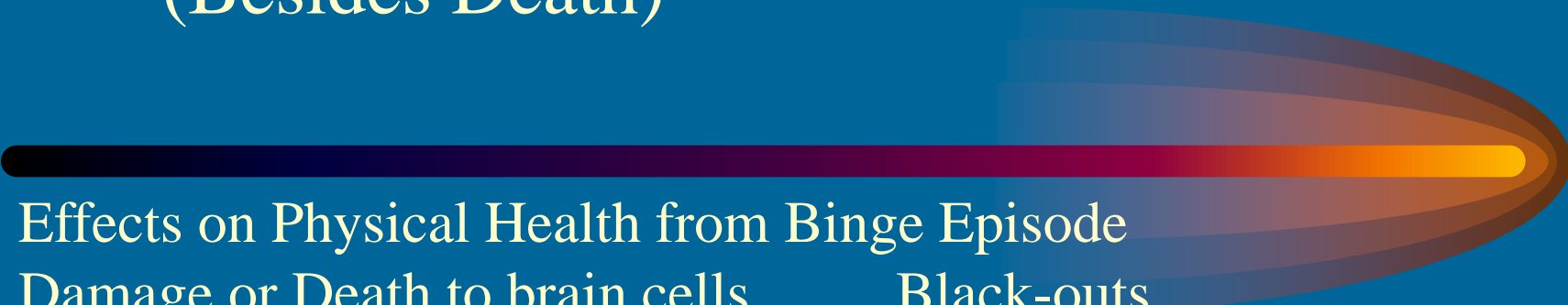
- . Consuming Alcohol With Other Drugs Such as Benzodiazepines (Valium, Ativan), Sleep Medications Such as Ambien, Opiates (Heroin, Oxycontin) is Dangerous due to Potentiated Sedative Effect
- . Even the Anti-histamines Found in Cold medications can increase Sedation to the Point of a Medical Emergency
- . Respiratory Depression and Death More Likely to Occur Due to the Combination

# Peer Pressure and Advertising.....



- . Western Culture Uses Alcohol to Celebrate Successes and Various Holidays, and to Mourn Losses. This is Really No Different Than the Use of Alcohol Through History
- . However, Alcohol Advertisements and the Media Portray Drinking as a Way to “Get Through the Bad Times” and “Live up” the Good Times
- . Alcohol Advertising is Particularly Targeted at Young Men – and it Works

# The Complications of Binge Drinking.... (Besides Death)

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- . Effects on Physical Health from Binge Episode
  - . Damage or Death to brain cells . Black-outs
  - . Risk Taking Behaviors Under the Influence
    - Illegal Drug use, Unsafe Sex, Rape, Poor Judgment
  - . Motor Vehicle Accidents
  - . Arrest/Legal charges
  - . Giving in to Peer Pressure/Building Tolerance to Alcohol
  - . Denial of Alcohol as a Problem
  - . Fetal Alcohol Syndrome (any alcohol use can cause)
  - . Women at Greater Risk for Damage to Liver and Pancreas, Breast Cancer; less ADH Enzyme in Stomach to Help Break Down Alcohol Before Going into Bloodstream and Larger Percentage of Fat Cells increases Blood Alcohol Level

# Intoxication: Effects on Brain Function



Short Term and Possibly Permanent Alterations  
Of:

- . Memory Formation
- . Abstract Thinking
- . Problem Solving
- . Attention and Concentration
- . Perception of Emotions

Long term Negative Effects on Brain Function  
Most Likely with Youth Binge Drinkers

# Are You Convinced.....What Can You Do?



## . Education

- . Appropriate Systems for Delivery
- . Cultural Relevancy of Instructional Materials and Instructional/Discussion Methods
- . Age Group Relevancy
  
- . Building Individual and Group Resiliency Skills
  
- . Changing the Group Norms