

# BINGE DRINKING

## DROWNING IN ALCOHOL

Each year 88,000 people die from binge drinking and 2.5 million years of potential life expectancy are lost. It's clear that alcohol is a killer.

### SO WHAT IS BINGE DRINKING?

Binge drinking is when someone ingests a lot of alcoholic drinks in a short span of time. When you drink alcohol, the drug passes through the bloodstream and into the liver. It takes an hour for the liver to break down one alcoholic drink, and drinking more than that can overload it.

### HOW MANY DRINKS TO BE DANGEROUS?

A "safe" amount of alcohol depends upon a person's weight and age. Usually, the limit is five drinks for a male and four drinks for a female. Any amount of alcohol can be dangerous in certain circumstances. Driving with even a little bit of alcohol in your system can lead to accidents and arrests, which could cost you your life or your license.



### SHORT-TERM EFFECTS

At first...

- Blurred vision
- Slurred speech
- Nausea and vomiting
- Loss of motor control



But if you drink too much, you may get...

### ALCOHOL POISONING

Alcohol poisoning is when your liver can't filter out all the toxins and your body is poisoned by alcohol. At this stage of intoxication, your life is in danger.

You may experience:

- Confusion
- Seizures
- Vomiting
- Pale/bluish skin
- Hypothermia or drop in body temperature
- Loss of consciousness
- Slow breathing
- Death



### DON'T BE AFRAID TO ACT

If you see a friend suffering from the side-effects of alcohol poisoning, don't just let them "sleep it off". More often than not, you may wake up to find that friend is dead. It is important that you get help immediately. Call 9-1-1 and get in touch with an adult you trust. Try to keep them awake and moving until the ambulance arrives. Don't be afraid to act - there are lives at stake.



### LONG-TERM EFFECTS

Using alcohol frequently increases your chance of addiction, especially when you are younger and your brain is still developing and/or alcoholism is present in your family. Alcoholism can shorten your lifespan by years and years and cause:

- Liver disease
- Memory loss
- Brain damage in young people
- Depression and emotional issues



Binge drinking is a dangerous activity that can take your life as easily as it can ruin it.

# DON'T END UP DROWNING IN ALCOHOL!