

What is binge drinking?

"Binge drinking is defined as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 g/dl or above"

CENTER FOR DISEASE CONTROL AND PREVENTION



Women
4+ drinks

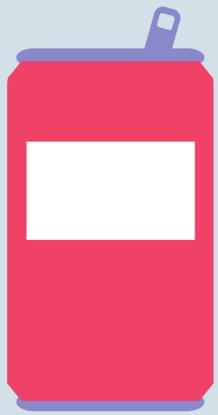


Men
5+ drinks

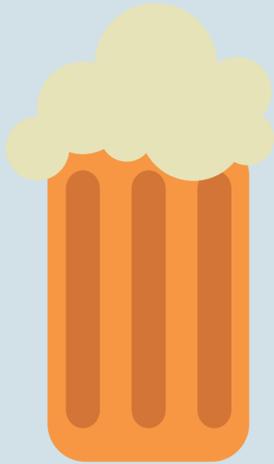
Heavy Alcohol Use
Binge drinking on 5 or more days in a month

Substance Abuse and Mental Health Services Administration (SAMHSA)

What is considered a drink?



Hard Seltzers =
12 fl oz



Beer =
12 fl oz



Wine =
5 fl oz



Hard Liquor =
1.5 fl oz

Substance Abuse and Mental Health Services Administration (SAMHSA)

What are the affects of binge drinking?



Mental Health

Recurrent heavy drinking can lead to a higher risk of developing or worsening depression and anxiety. This can also lead to developing an alcohol use disorder.

National Institute on Alcoholism and Alcoholism (NIAAA)



Cardiovascular System

Binge drinking can cause high blood pressure and at times can cause heart failure. Recurrent binge drinking can also cause weight gain due to the number of calories in alcoholic drinks.

Journal of the American Heart Association



Death

Alcohol use is the 3rd leading cause of preventable death in the United States. About a 1/3 of alcohol-related deaths are attributed to motor-vehicle traffic crashes for those under the age of 35.

Center for Disease Control and Prevention (CDC)

What is alcohol poisoning?



"Very high levels of alcohol in the body can **shutdown critical areas of the brain** that control breathing, heart rate, body temperature, **resulting in death** "

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What are the signs and symptoms?

- Mental confusion, stupor
- Difficulty remaining conscious, or inability to wake up
- Vomiting
- Seizures
- Slow breathing (fewer than 8 breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Slow heart rate
- Clammy skin
- Dulled responses, such as no gag reflex (which prevents choking)
- Extremely low body temperature, bluish skin color, or paleness

National Institute on Alcoholism and Alcoholism (NIAAA)

**If someone who has been binge drinking is showing these signs and symptoms, CALL 9-1-1!
THIS IS A MEDICAL EMERGENCY!**