

Earthsoft Foundation of Guidance

Edge-Aggressive-Reliable-Trust-Honesty-Soft-Obedient-Fun-Transparent



Stop drinking
Stop consuming alcohol
Say NO firmly!

About us



Earthsoft Foundation of Guidance (EFG) has uploaded following presentations at <http://myefg.in/downloads.aspx>

Also <https://dl.dropbox.com/u/83265908/Links-events.xls> has links
Be mentor using your education, knowledge & experience to contribute for a social cause & do conduct free training seeking help of existing platforms. Kindly share with your friends

- Motivation for higher study, Planning for study, Education guidance, Career guidance, Career available after SSC & HSC
- Personality development – 3 files
- How to prepare resume, Tips to attend interview successfully
- Religion related – To understand basic religion, Do & Don't tips
- Health related - Be vegetarian, Be healthy
- Corporate - Project management, Assertiveness, Ownership
- Finance - To avoid speculation in stock market
- Social - Women empowerment, Choosing life partner

Part – I Impact of an alcohol

Part – II Know about Alcohol

People drink alcohol



- Temptation
- Curiosity
- Peer pressure
- Cannot say No, not affirmative
- To make a deal
- To offer company
- Feel more relaxed
- Look cool, Forget problems
- Join the party
- Become intoxicated
- Have fun during the holidays(?)
- Enjoy sporting events(?)



Alcoholism



Beware - A mental need for alcohol that turns into a progressive and chronic disease



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Symptoms of Alcoholism



- Sudden mood swings
- Anger, tension and mental weakness
- Cramps in body, loss of appetite
- Anxiety, volatility, severe headache
- Feeling of helplessness while taking a decision
- Irritation



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Alcohol is a Depressant



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Alcohol swallowed as a liquid earthsoft



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Absorption



- Rapidly absorbed from small intestine, and colon but slowly from stomach
- First pass metabolism in stomach and liver
- Maximum blood concentration within 30 to 90 minutes

Distribution



- Uniformly distributed throughout tissues and body fluids
- Readily crosses placenta, to exposure fetus
- Crosses blood – blood barrier (BBB) readily (a separation of circulating blood from the brain extracellular fluid (BECF) in the central nervous system (CNS))

Elimination

- Urinary Excretion
- Metabolism

Danger of Alcohol



Think several times before you start

Alcohol can cause health problems such as stroke, liver disease, mouth cancer, high blood pressure.



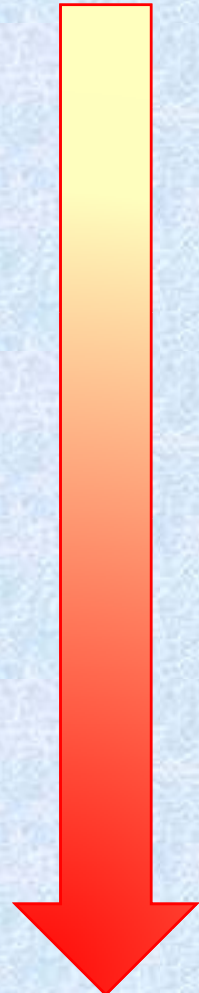
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Alcohol consumption

BAC (Blood Alcohol Content in Grams/Liter)

0.03 - 0.12% • Moving from Euphoria

- Lethargy
- Sleepy, stumbling
- Slow reactions
- Confusion
- Mood swings
- Impaired vision, speech
- Poor coordination
- Stupor (heavy feeling)
- Severely impaired movement
- Loss of body functions (incontinence)
- Coma
- Death



>0.50%



Is that me?



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Consequences



Vomiting



Driving accidents



Loss of inhibitions



Headache



Hangover



Loss of control



Imbalance



Fighting



Swing - Loss of control

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Factors of Alcohol



- Alcohol is a central nervous system depressant. Alcohol will affect a person include:

- Age
- Gender
- Physical condition
- Amount of food eaten
- Other drugs or medication taken
- Pregnancy & new born child





Social effects of alcoholism



- Family problems
- Work difficulties
- Crime
- Violent Crime
- Rape
- Divorce
- Lost Productivity



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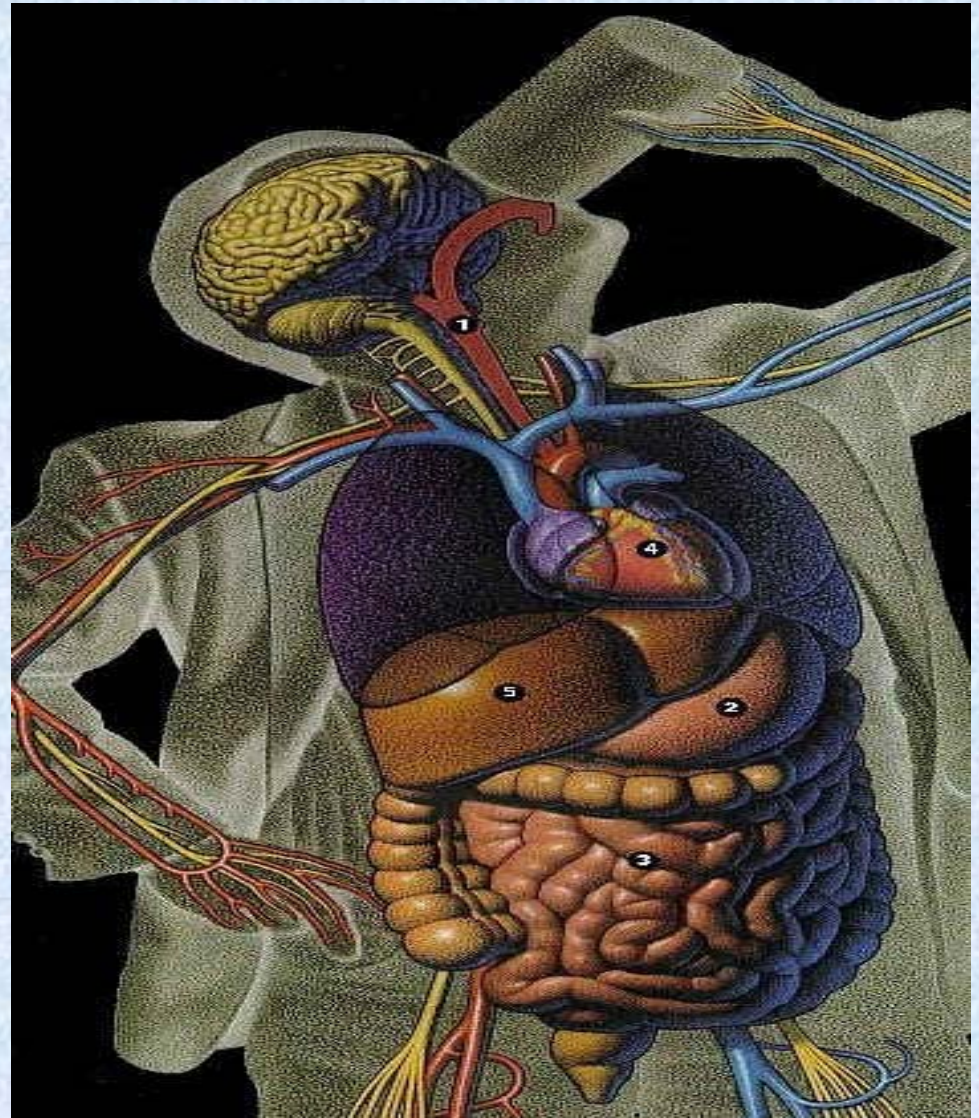
Social - Alcohol Abuse



- Parental alcohol abuse may be associated with the physical or sexual abuse of children.
- The experience of being abused as a child may increase a person's risk for alcohol-related problems as an adult.
- May lead to antisocial behavior; and psychological problems.

Effect of Alcohol

- Each of body part is affected
- Eyes
- Throat
- Heart
- Lungs
- Stomach
- Intestines
- Liver
- Kidney



Adverse effects of Alcohol



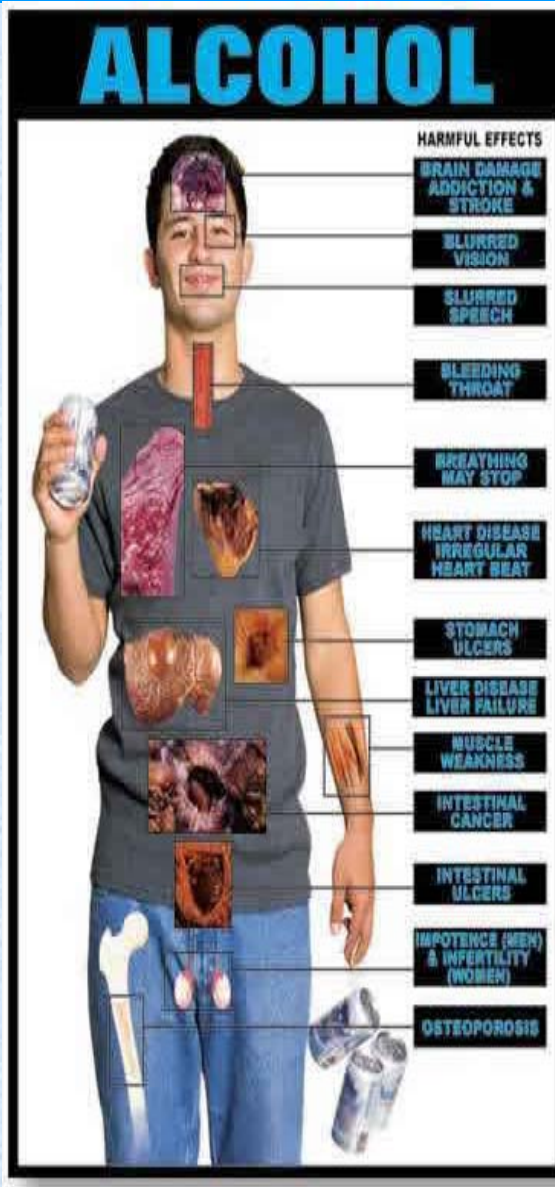
- Acute Effects
- Nausea, Vomiting, hangover
- Traffic accidents
- CNS Depressant
- Depression
- Warm & reddish skin
- Emotional outbursts
- Decreased memory & concentration
- Poor judgment
- Decreased reflexes
- Decreased sexual response
- Death due to respiratory depression or vomit

Toxic Effects – Chronic



- Gastrointestinal tract (GIT)
- Gastritis and damage to the mucosa – anaemia
- Intestinal damage: Lack of absorption -
Deficiency of water soluble vitamins and amino acids (protein deficiency)
- Less or no food intake (enough calorie) -
Vitamin and Protein deficiency
- Q. Is Alcohol a total food ?
- Answer: No - Lacking in total food value

Effects



There are effects almost on every organ of the body

Brain damage	Stomach ulcers
Stroke	Irregular beat
Blurred vision	Muscle weakness
Slurred speech	Intestinal ulcers
Bleeding throat	Infertility
Breathing may stop	Liver failure
Heart disease	Osteoporosis
Liver disease-cirrhosis	Obesity – weight gain

Immediate Effects

- Impairs motor coordination
- Lowers body temperature
- Vomiting
- Hangover
- Impaired performance
- Slowing of reflexes
- No sound sleep
- Keep objecting situation
- Keep arguing & shouting
- Alcohol poisoning (death)



Effects of consumption

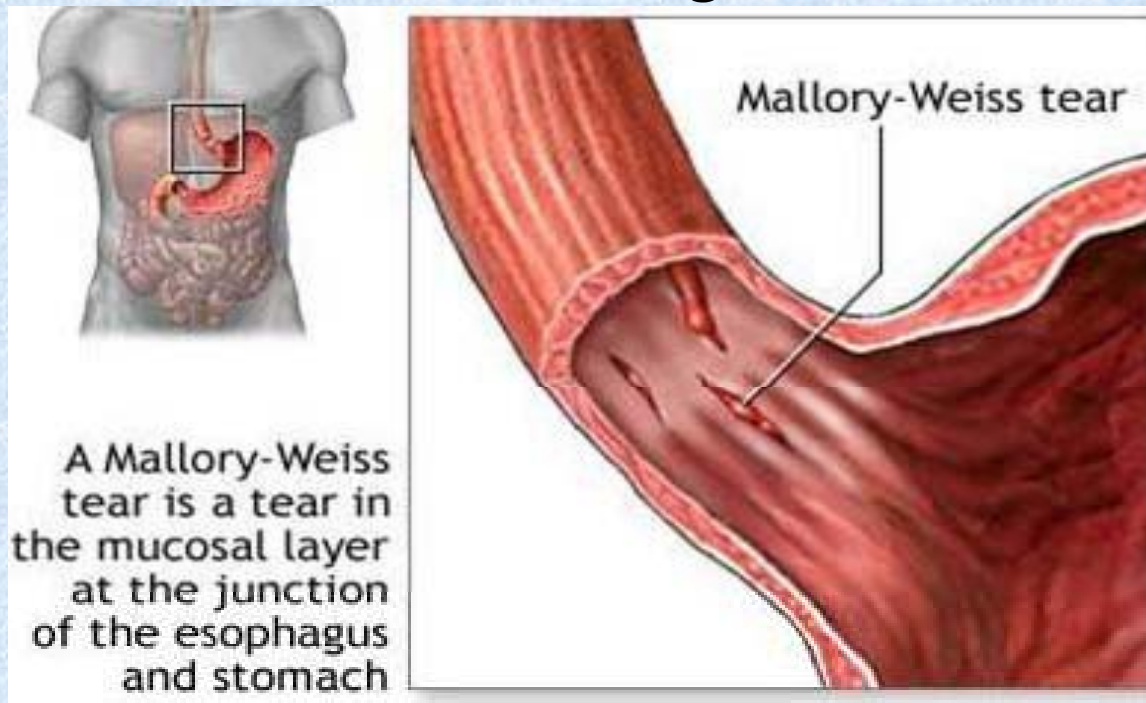


- Small doses – heat in-balance
- Medium dose – mild rise in BP
- Large dose - Depression
- Stimulation of respiration
- Blood: Decrease in LDL oxidation
- Central action – Depression

Effects of consumption



- Higher doses inhibit Gastro Intestinal secretion
- Acute consumption – gastritis (lining of the stomach becomes inflamed or swollen), vomiting, reflux, etc
- Mallory-Weiss tear – Dangerous disease



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Effect of consumption



- Kidney: Diuresis – Excessive/ in-balance of urine production & Failure to release Antidiuretic hormone causes head trauma, CNS infections, metastatic lung/breast / pancreatic cancer
- Uterus: Relaxation of uterine muscles
- Endocrine is a system of glands which secrete different types of hormones directly into the bloodstream, some of which are transported along nerve tracts to regulate the body
- Low dose – Adrenaline release and hyperglycemia (high blood sugar)
- High dose – Hypoglycemia, too low blood sugar

Immediate health risk



- Alcohol consumption increases the risk of many harmful health conditions & as following
- Unintentional injuries, including traffic injuries, falls, drowning, burns, and unintentional firearm injuries
- Violence, intimate partner violence and child maltreatment
- Risky sexual behaviors, including unprotected sex, sex with multiple partners, and increased risk of sexual assault
- These behaviors can result in unintended pregnancy or sexually transmitted diseases

Immediate health risk



- Miscarriage and stillbirth among pregnant women, and a combination of physical and mental birth defects among children that last throughout life
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression, or death

Long term health risk



- Alcohol consumption leads to the development of chronic diseases, neurological impairments and social problems
- Neurological problems, including dementia, stroke and neuropathy
- Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension
- Psychiatric problems, including depression, anxiety, and suicide
- Social problems, including unemployment, lost productivity, and family problems

Long term health risk



- Cancer of the mouth, throat, esophagus, liver, colon, and breast. In general, the risk of cancer increases with increasing amounts of alcohol.
- Liver diseases, including
 - Alcoholic hepatitis.
 - Cirrhosis, which is among the 15 leading causes of all deaths in the United States
 - Among persons with Hepatitis C virus, worsening of liver function
- Other gastrointestinal problems, including pancreatitis and gastritis

Chronic Alcoholism



- Neurological: loss of brain mass
- Cyclic vomiting syndrome, Hypertension, stroke
- Hormonal: Impotence, gynaecomastia and infertility
- Inflammation of the pancreas
- In high concentrations or with repeated use can be toxic and cause liver damage
- Can cause poor judgement, concentration, balance and coordination.
- Can make people paranoid, lethargic & moody

Brain damage



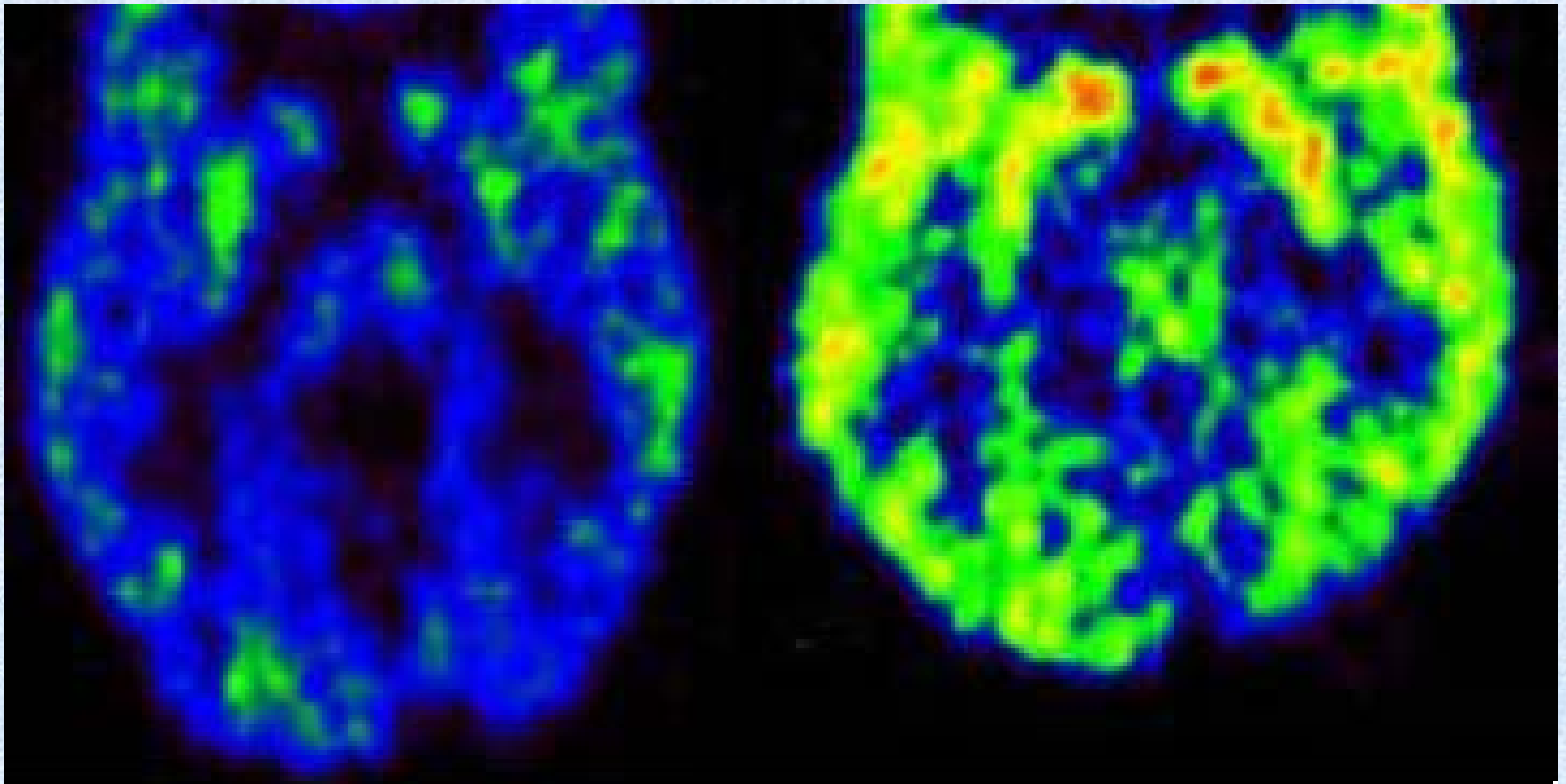
- Females ,even teenage have a bigger chance of getting brain damage compared to men who drink the same amount of alcohol,reasons being
- Progressive brain shrinking is caused by the amount of alcohol consumed over a long period of time. The shrinking of the brain leads to killing brain cells
- Young people who drink run a serious risk of increasing memory loss later in adulthood caused by brain damage
- Brain damage can be controlled depending on the damage and at the time it was caught

Effects on the brain

- Balance
- Coordination
- Postural adjustments
- Limb movements
- Fine motor control and timing
- Eye movement
- Motor learning
- Cognitive functions – attention, language/music processing
- The difficulty in walking, blurred vision, slurred speech, slowed reactions, impaired memory, Clearly, alcohol affects the brain.



Brain damage



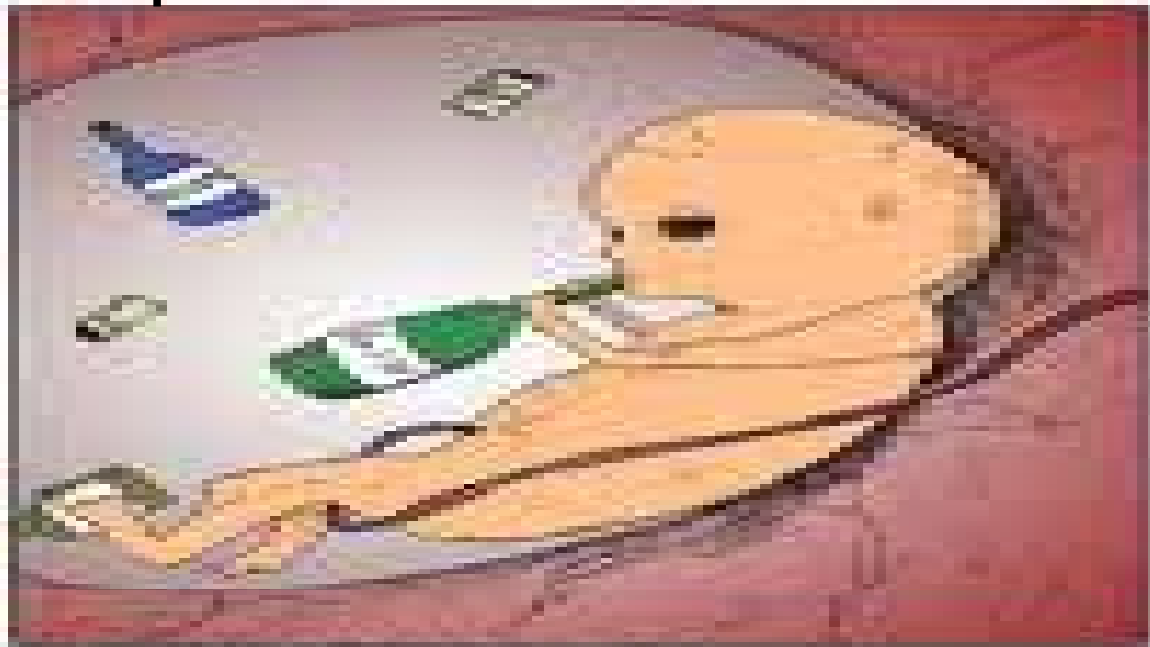
Alcoholic

Normal

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Impact on reproduction system earthsoft

- Alcohol is a teratogen, it causes birth defects.
- Symptoms include retardation, poor coordination, loss of muscle tone, low birth weight, slow growth, malformation of internal organs and peculiar facial characteristics



Fetal Alcohol Syndrome

Impact on new born child



The Effects of Alcohol Consumption on a Developing Baby

MONTHS 1-3	MONTHS 4-6	MONTHS 7-9	BIRTH - 18 MONTHS
<ul style="list-style-type: none"> The brain is going through rapid growth. The heart is developing. The lungs are developing. 	<ul style="list-style-type: none"> The brain is continuing to grow. The heart is continuing to grow. The lungs are continuing to grow. 	<ul style="list-style-type: none"> The brain is continuing to grow. The heart is continuing to grow. The lungs are continuing to grow. 	<ul style="list-style-type: none"> The brain is continuing to grow. The heart is continuing to grow. The lungs are continuing to grow.
<p>Drinking alcohol during the first 3 months can cause a baby to have a heart defect and brain damage.</p> <p>Drinking alcohol during the first 3 months can also cause a baby to have a heart defect and brain damage.</p>	<p>Drinking alcohol during the second 3 months can cause a baby's heart to grow and change the way it works in the body.</p> <p>Drinking alcohol during the second 3 months can also cause a baby's heart to grow and change the way it works in the body.</p>	<p>Drinking alcohol during the third 3 months can cause a baby's heart to grow and change the way it works in the body.</p> <p>Drinking alcohol during the third 3 months can also cause a baby's heart to grow and change the way it works in the body.</p>	<p>A mother who drinks alcohol while pregnant can cause a baby to have a heart defect and brain damage.</p> <p>A mother who drinks alcohol while pregnant can also cause a baby's heart to grow and change the way it works in the body.</p>

Stop Drinking! You have a better chance of having a healthy baby.

Canadian Society for Alcohol & Drug-Free Pregnancy: www.csa-dfp.org • 1-800-243-2333

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No thanks I'm pregnant

Drinking alcohol during pregnancy can cause a permanent disability called Fetal Alcohol Spectrum Disorder (FASD). Learn more to protect your baby.

(306) 655-2512

www.preventioninstitute.sk.ca

saskatchewan
preventioninstitute
our goal is **healthy** children

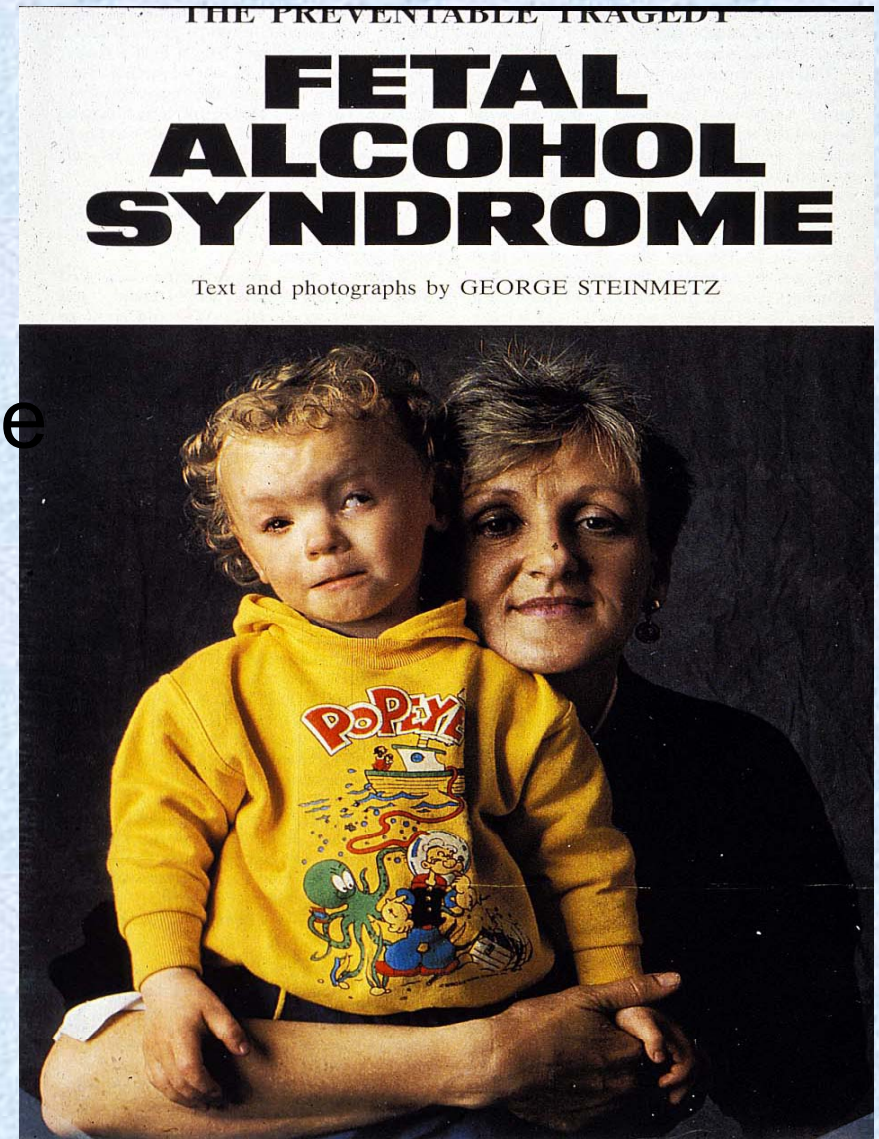
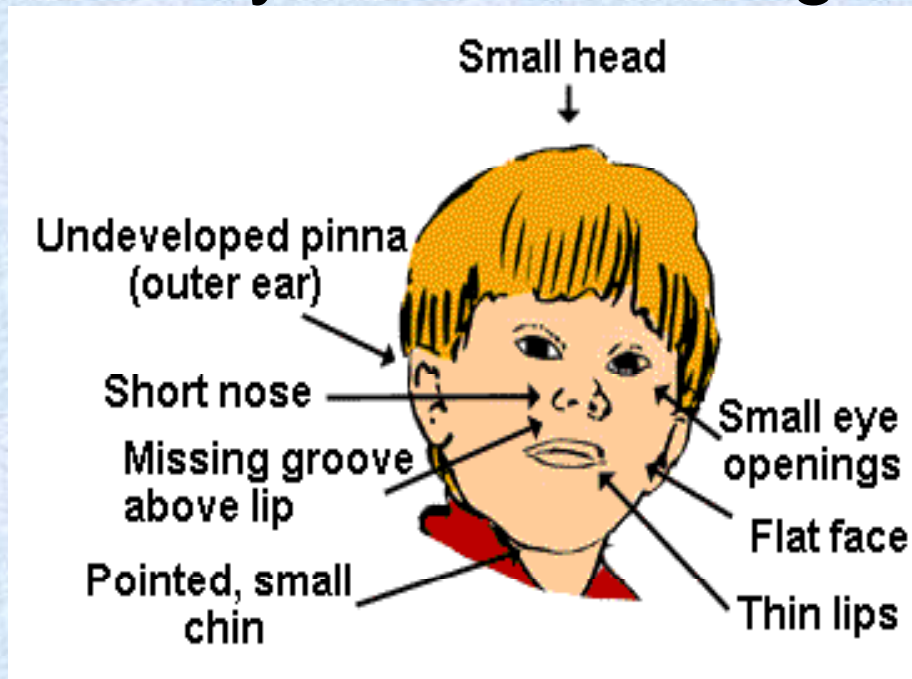


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Fetal Alcohol Syndrome(FAS) earthsoft

Characteristics

- Growth retardation
- Facial malformations
- Small head
- Greatly reduce intelligence

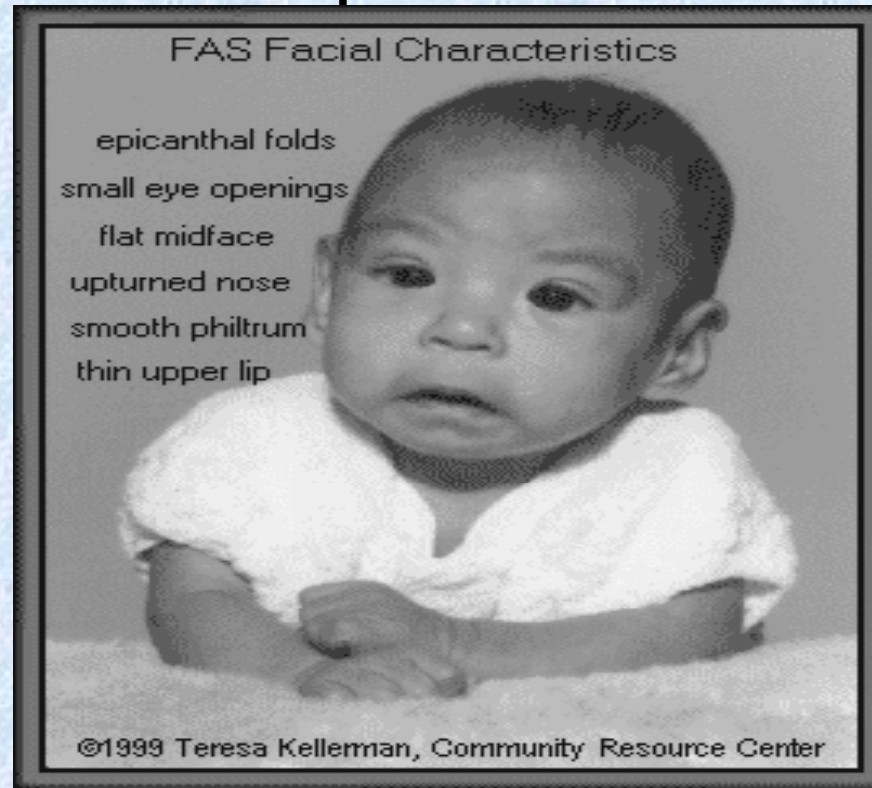


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Fetal Alcohol Syndrome



- A woman who drinks alcohol when she is pregnant may cause permanent damage to her developing baby. Babies born with FAS suffer from a group of birth defects that may include physical and mental problems.



Alcoholism & Pregnancy



- Miscarriage, stillbirth baby, or cause mental and physical health defects in the fetus.
- Fetal alcohol syndrome is one of the leading causes of mental retardation in children.



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Women and Alcohol



- If a man and a woman drink the same amount of alcohol, the woman's BAC will be about 30% higher than the man's
- Certain times in the menstrual cycle and the use of "the pill" are likely to prolong intoxication

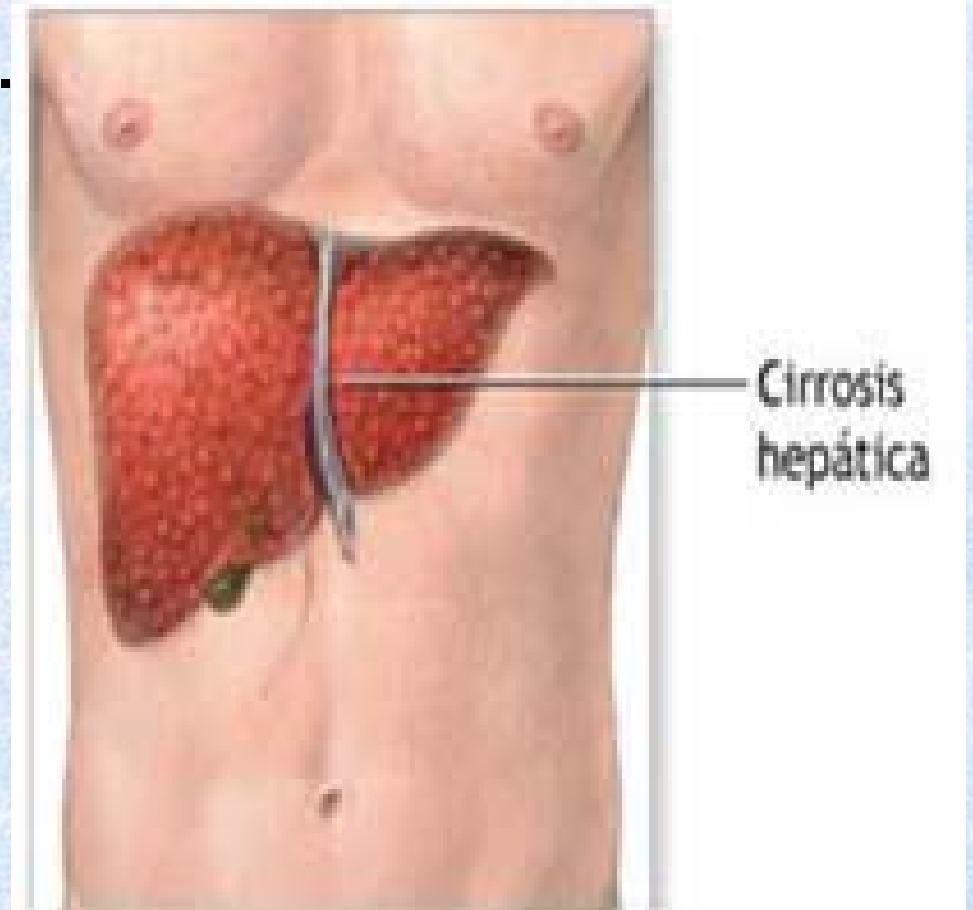
Chronic Alcoholism - features earthsoft

- **Craving:** A strong need, or compulsion, to drink
- **Loss of control:** The inability to limit one's drinking on any given occasion
- **Tolerance:** The need to drink greater amounts of alcohol in order to “get high” – pharmacokinetic or cellular tolerance
- **Physical dependence:** Withdrawal symptoms, such as nausea, sweating, shakiness, sleep impairment, hallucinations, delirium tremens and anxiety, occur when alcohol use is stopped after a period of heavy drinking

ALCoholic cirrhosis



- People who drink suffer, most severe liver disease known as alcoholic cirrhosis
- Occurs when the normal liver tissue is replaced by scar tissue.

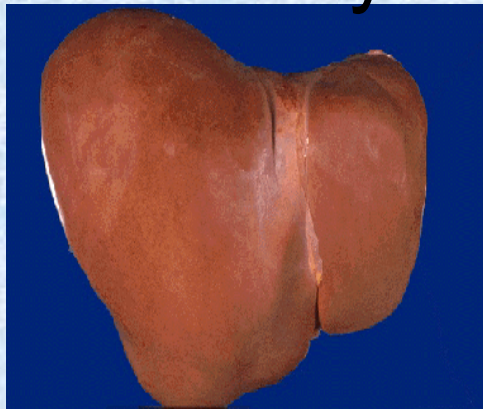


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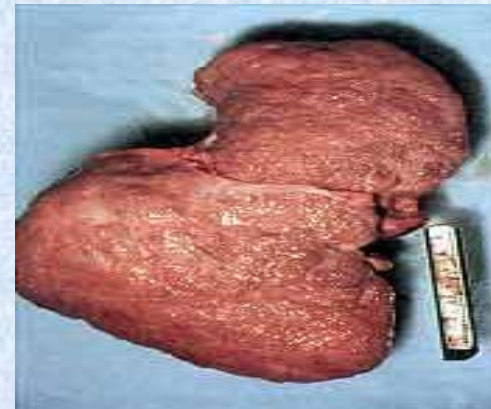
Chronic Alcoholism

- Liver cirrhosis – scarring of liver
- Usually fatal if drinking is not stopped
- Fatty infiltration (excess in NADH)
- Oxidative stress and cellular necrosis
- Damage to hepatocytes & inflammation-aldehyde
- Glutathione depletion
- Microsomal enzyme induction

Before



Later



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Stages of Cirrhosis

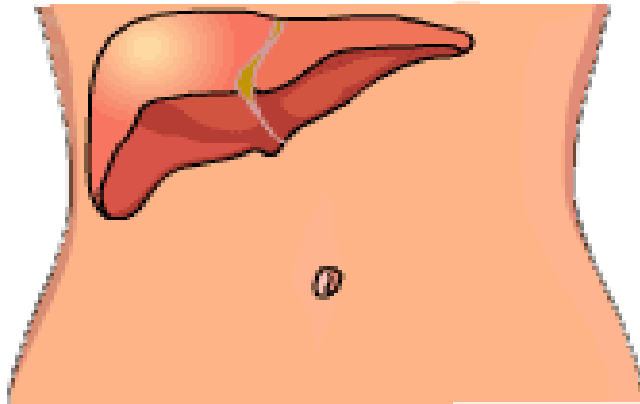


Source: DER SPIEGEL 30/2000

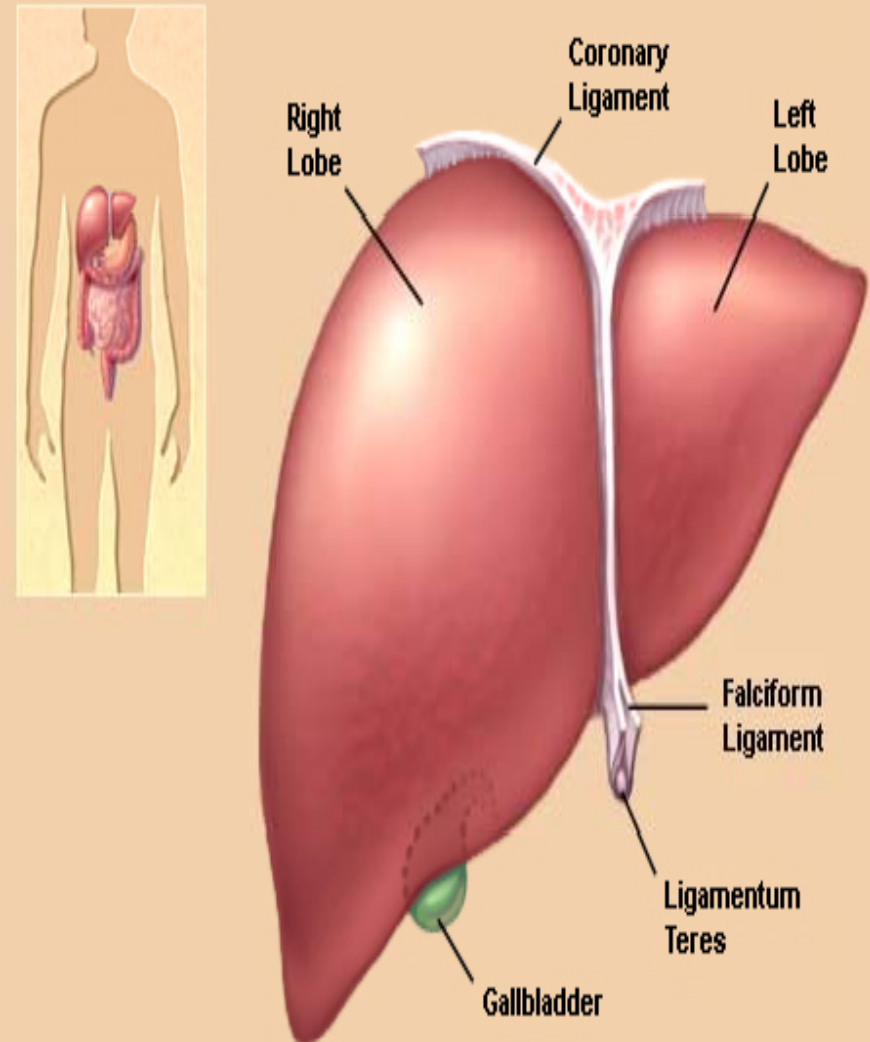
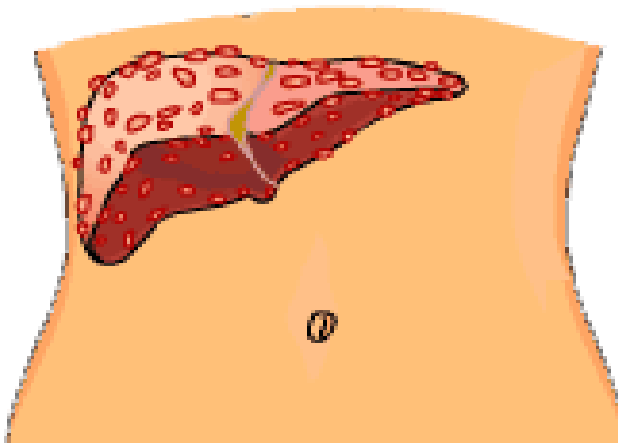
DER SPIEGEL

Liver damage

Normal



Cirrhosis of Liver



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Liver damage



- Liver contains enzymes which breaks down alcohol ,the liver can process only a specific amount of alcohol so when it is consumed faster, bloodstream also rises faster
- The treatments to liver damage is to stop drinking completely
- Alcohol liver disease usually occurs after years of drinking too much

Alcoholic hepatitis

- 35% of heavy drinkers suffer from alcoholic hepatitis, or liver inflammation
- Moderate alcoholic hepatitis can last years and cause progressive liver damage.
- While the most severe alcoholic hepatitis may occur suddenly and possibly lead to complications that threaten the life of the person



Likely stroke



If you drink you could be three times more likely to have a stroke.

NHS

DRINKING CAUSES DAMAGE YOU CAN'T SEE

You could be 3 times more likely to have a stroke if you're a man regularly drinking more than 2 pints of strong lager a day. You also increase your risk of high blood pressure and mouth cancer. Find out if your drinking could be putting your health at risk.

For more information visit nhs.uk/drinking or call 0300 123 1059

Men	Women
3-4	2-3
Pints of strong lager a day	

in association with:

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Likely cancer



If you drink you are over three times more likely to get mouth cancer.

NHS

**DRINKING
CAUSES DAMAGE
YOU CAN'T SEE**

You are over 3 times more likely to get mouth cancer if you're a man regularly drinking more than 2 pints of strong lager a day. You also increase your risk of high blood pressure, which could lead to a stroke or a heart attack. Find out if your drinking could be putting your health at risk.

For more information visit nhs.uk/drinking or call 0300 123 1059

3-4 2-3

in association with:

STEP **ACE**

The poster features a close-up profile of a man's face. The text "DRINKING CAUSES DAMAGE YOU CAN'T SEE" is overlaid on his cheek and mouth area. Below this, smaller text provides statistics and health warnings. At the bottom, there are logos for "STEP 3-4" and "ACE 2-3", an arrow pointing right, and the NHS logo.

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- Alcohol consumption has been linked with seven types of cancer: mouth cancer, pharyngeal cancer, oesophageal cancer, laryngeal cancer, breast cancer, bowel cancer and liver cancer.
- Heavy drinkers are more likely to develop liver cancer due to cirrhosis of the liver.

Obesity



Men drink, are more likely to get out of shape and will gradually get a beer belly.

Did you know that men who regularly exceed their recommended daily alcohol limit are more likely to get out of shape? Visit nhs.uk/units **Units. They all add up.**



ALCOHOL KNOW YOUR LIMITS	
SHOULD NOT REGULARLY EXCEED	
MEN	WOMEN
3-4 <small>UNITS DAILY</small>	2-3 <small>UNITS DAILY</small>

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Dementia



- Long-term moderate or short-term excessive drinking has been linked to dementia (madness)
- It is estimated that 10% to 24% of dementia cases are caused by alcohol consumption, with women being at greater risk than men

Alcohol in everyday life



- Alcohol damages your body inside, but also interferes with daily life, causing abuse to family, friends, unemployment, social dis-respect.



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Effects on the skin



- Alcoholic beverages dehydrate and therefore undermine the vital nutrients of the skin. Alcohol reduces the level of vitamin A in our body. This vitamin is responsible for the regeneration of skin cells. Also affects the collagen fibers.



Symptoms Escuchar



- Symptoms of alcoholic hepatitis include nausea, fever, jaundice, loss of appetite and vomiting.

Micro second



In a split second, there is no life!



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Car accident



Driving with significant blood alcohol can lead to accidents, arrest, imprisonment & death!

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Car accident



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Car accident



Not everyone who gets hit by a drunk driver dies.



 Jacqueline Saburido was 20 years old when the car she was riding in was hit by a drunk driver. Today, at 23, she is still working to put her life back together. Learn more at www.TexasDWS.org

DON'T DRINK & DRIVE 

Texas Department of Public Safety • Texas Alcoholic Beverage Commission • Texas Standing Tall • Partnership for a Drug-Free Texas • Texas Commission on Alcohol and Drug Abuse



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Drinking and Driving



- In 2005 – about 39% of all traffic fatalities were a result of some type of alcohol related incident
- In 2005 – 16,885 alcohol related traffic fatalities
- Hours between 12pm and 3am are the most dangerous

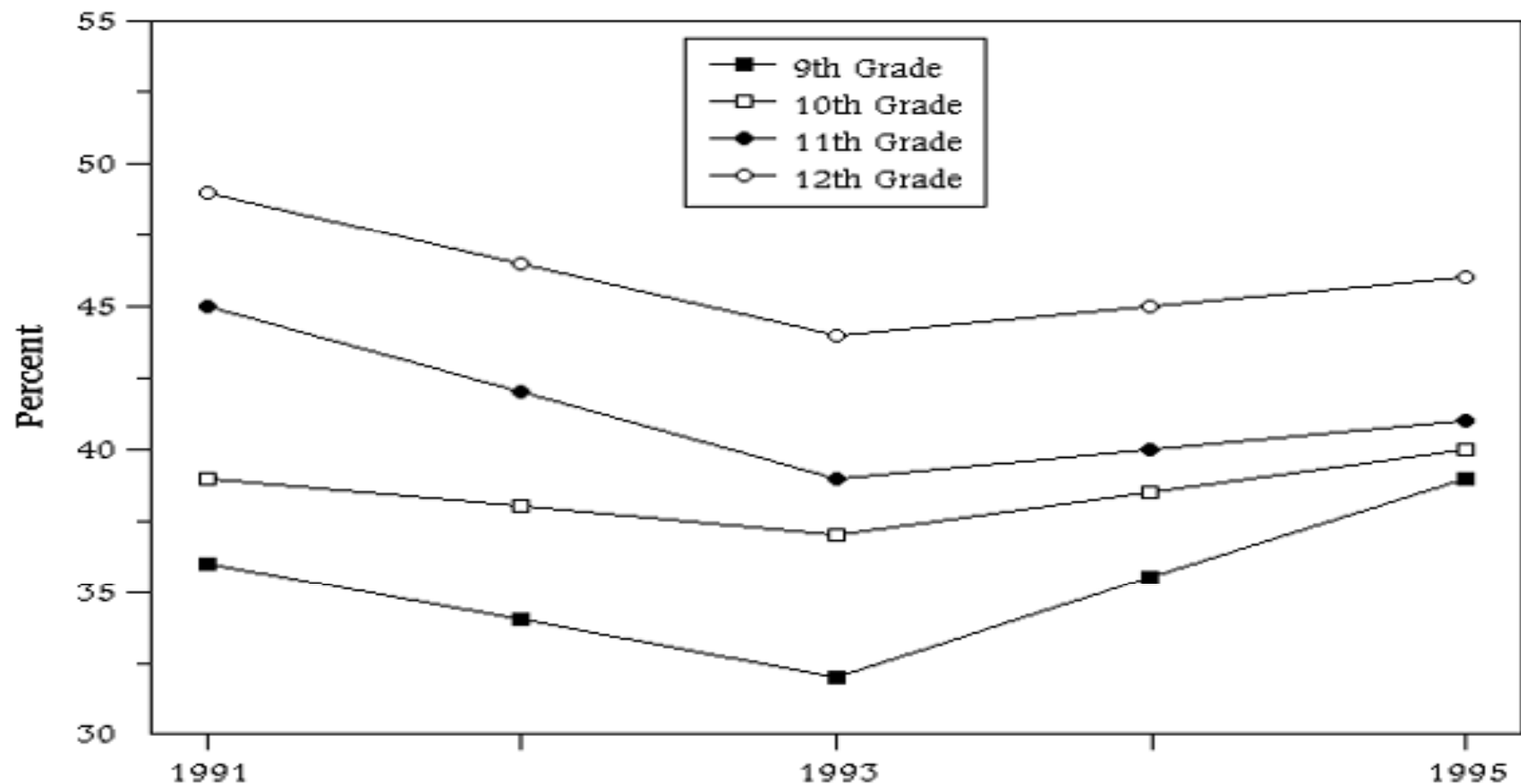


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Car accidents by students



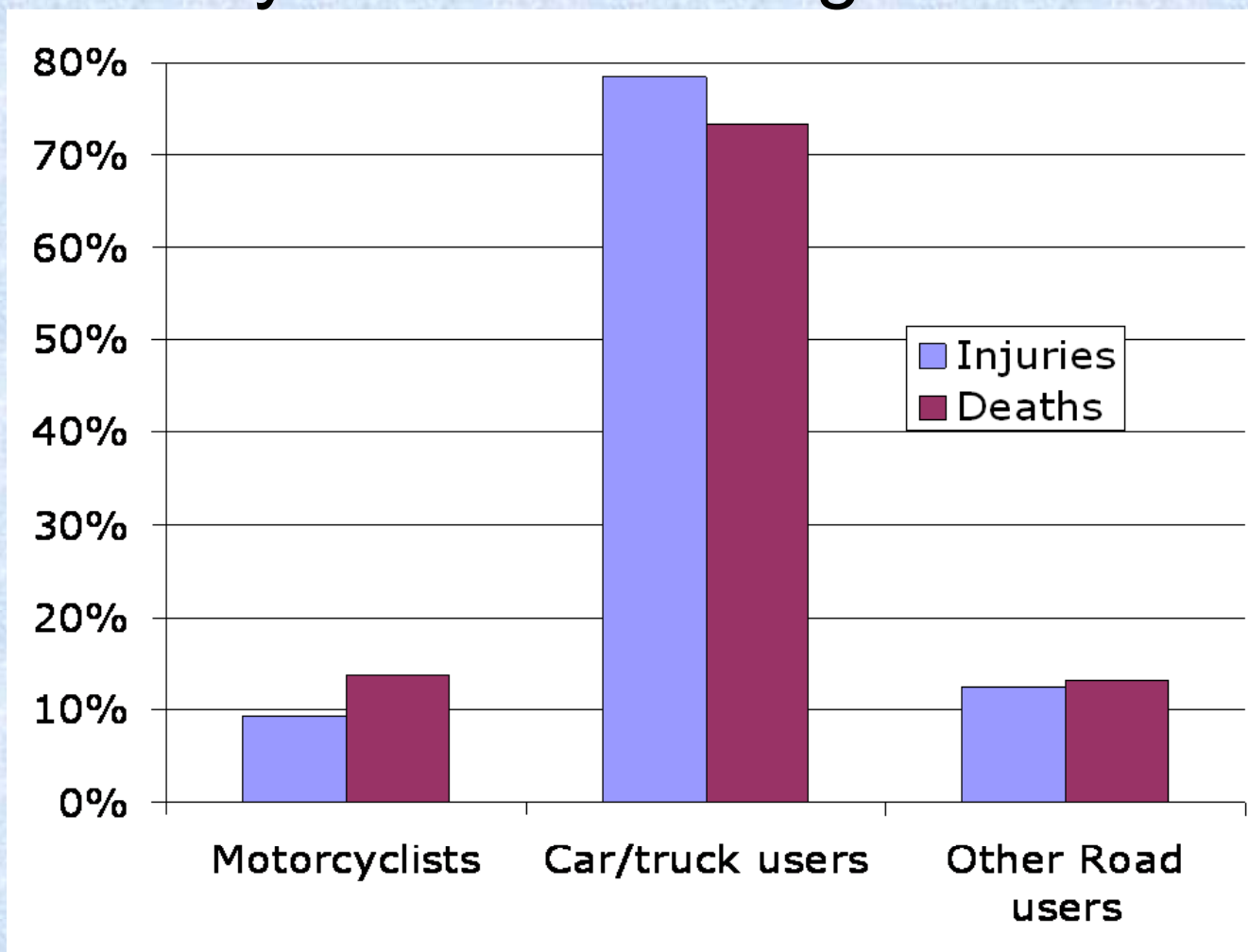
- More than 30% to 45% car accidents by drunken students



Accidents caused



The graph shows how much injuries caused by alcohol in the year 2009 in England.



Please never get in a car when you or someone has drunk!
If you notice they driver has drunk, talk to your parents, they will guide you what to do.



Car accident



*Don't Let Your Car Become Your Most
Deadliest Weapon*

Drive Responsibly

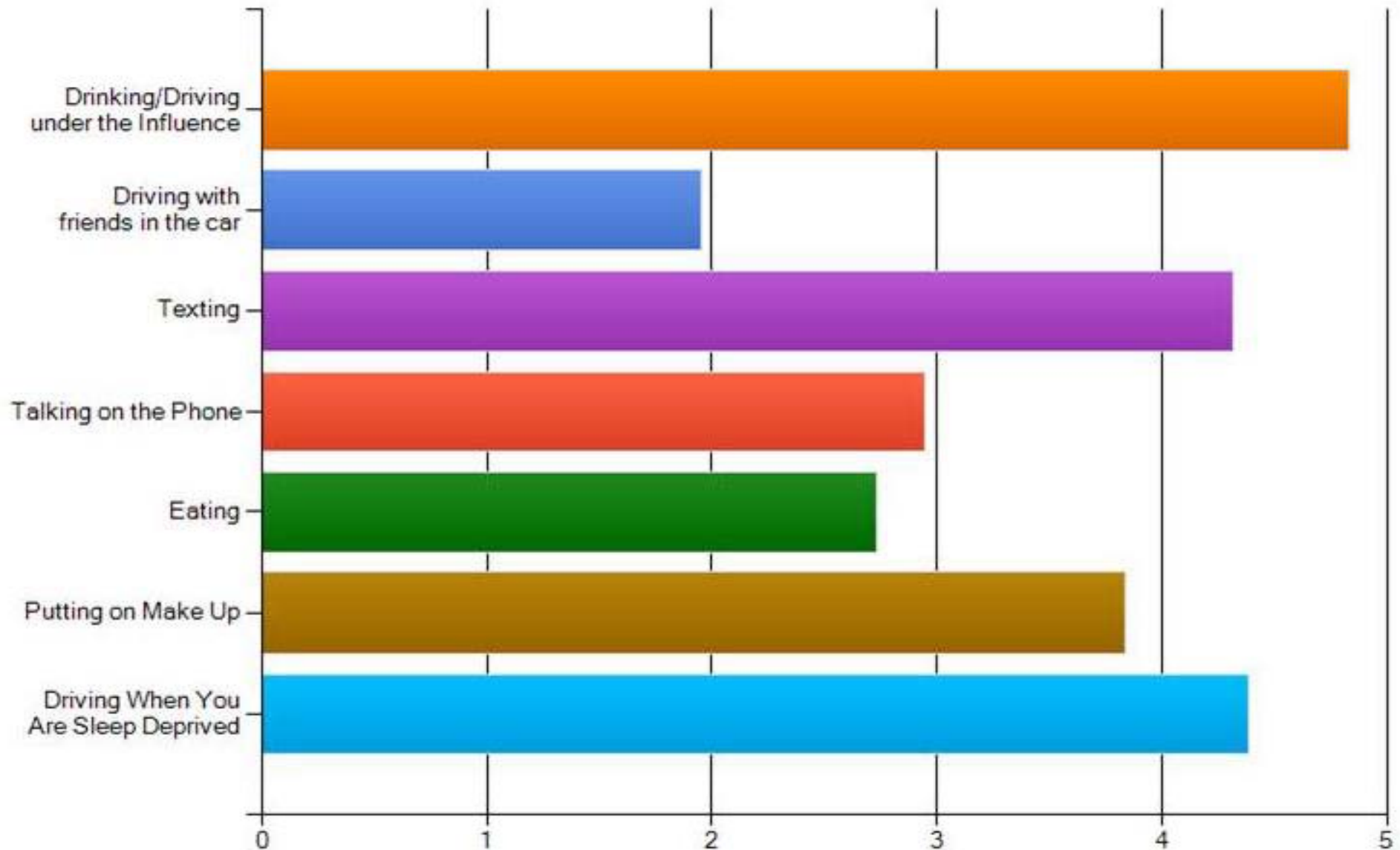
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Teenage drunk driving



- Teenage drunk driving kills 8 teenagers everyday
- In a single year ,522 children around the age of 14 were arrested for driving while drunk
- ~2000 people under the age of 21 die in car accidents in which underage drinking is involved
- The chance that someone in your family will find themselves in alcohol related accident is sure
- Teenagers should not drink because its dangerous for them and for the people involved in the situation

Teenage drunk driving



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A Danger for Teens



- Nearly 50% of all teen suicide victims drank alcohol at the time of their death.
- Drinking alcohol is the leading factor in unplanned pregnancies and sexually transmitted diseases.
- About 1/3rd of crimes committed by youth are related to alcohol consumption.
- More than 1/3rd of all traffic deaths involving people under 25 are related to alcohol.



Teenage drinking



- Alcohol is the most frequently used drug by teenagers in the United States
- Teenagers tend to mix alcohol with other substances
- After drinking teenagers tend to engage in sexual activities , have unprotected sex ,etc.
- Alcohol decreases teens abilities to pay attention
- Many teenagers don't realize the serious risks of underage drinking due to lack of awareness, education and guidance

The reasons teenagers drink earthsoft

- Most teenagers try alcohol because of curiosity & temptation, if most friends or family members around them are drinking
- The main reason why teenagers drink would be because of peer pressure
- Parents forbid their children from drinking so teenagers tend to do the opposite
- Another reason would be because they feel accepted in a crowd or because it seems “cool” & stylish

Alcohol violence



- One in four children under the age of 18 is exposed with alcohol violence in their home
- Teen alcohol abuse can lead to teenagers committing suicide or going into depression
- Alcohol violence usually affects the whole family instead of only just an individual
- Another probability is that men tend to blame alcohol for their violent responsibilities
- When drunk teenagers & adults both don't realize what goes on around them , that's when the hitting and fighting starts to occur

Rates of death

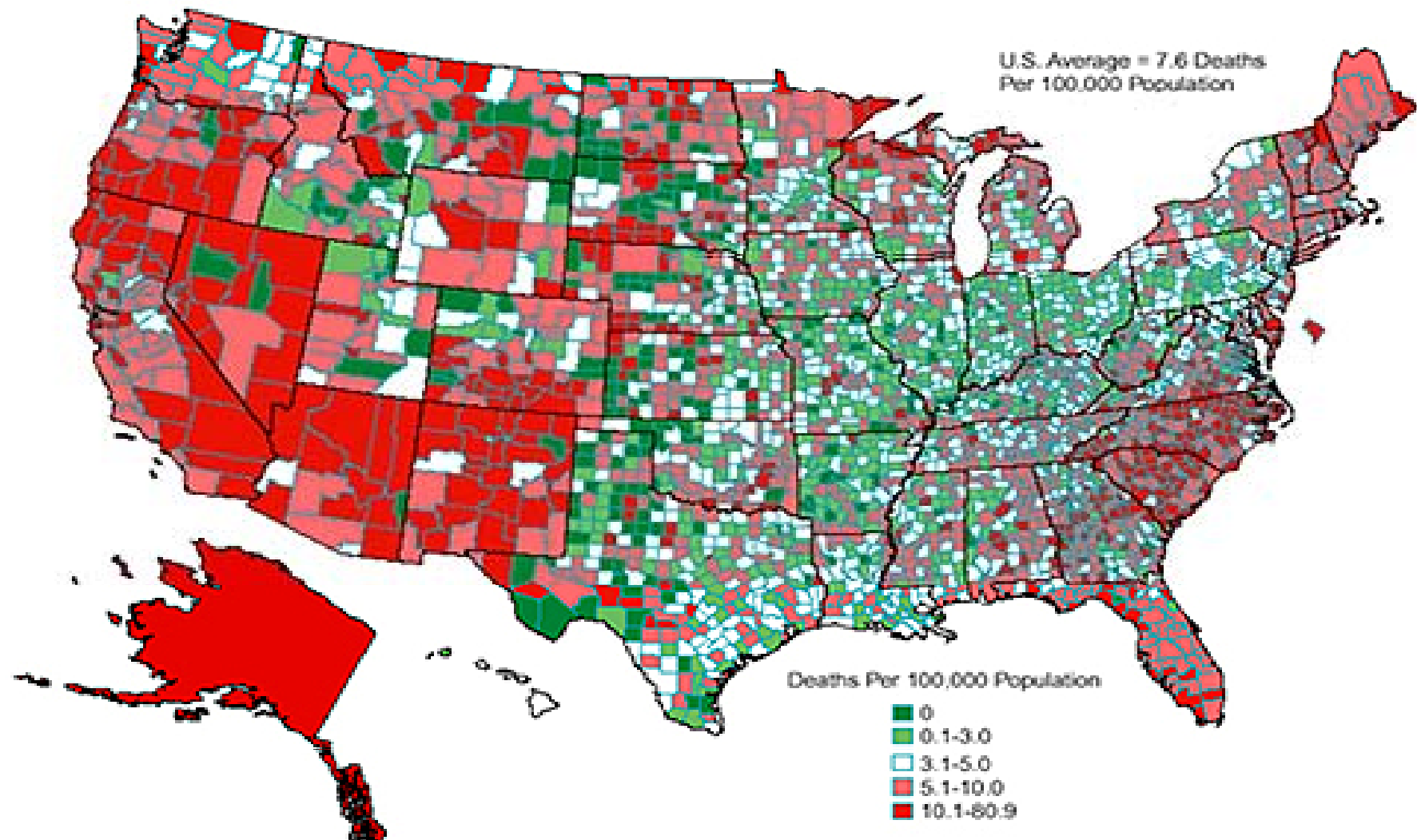


- Alcohol brings out the depression in most teenagers leading to commit suicide
- Teen girls are more likely to commit suicide
- Annually more than 5,000 deaths of people under aged are linked to underage drinking
- Most deaths by alcohol is caused by intoxication , body can only hold a certain amount of alcohol and if the rate goes up you will be intoxicated

Rates of death in USA



**Average Annual Deaths Per 100,000 Population From Causes
With Explicit Mention of Alcohol by County, United States, 1986-90**



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Wrong decisions



- Alcohol can lead to wrong decision or mistakes that weren't someone's intentions
- Almost four in ten violent crimes involve alcohol and the offenders report that they were drinking when they committed the crime
- Alcoholism can lead to anger and it can resemble someone that you are not
- If you get caught drinking by a parent or someone else you could get into a lot of trouble that you will probably regret in the future
- Choosing to drink can lead to health problems that can affect your body

Consequences



- Serious consequences such as getting arrested if you get caught drinking under aged
- There is also a law in which if you are caught offering a minor alcohol you could get fine or 1 year in jail
- The next day after drinking, one gets a hangover or just be sick
- If one is caught drinking at this age you could get a fine or 8-12 hours of community service or arrest

Why to be looser?



Review of Impact of drinking alcohol

#	Description	Gain/Loose
1	Taste – Bitter, not good	Loose
2	Expense, money out flow	Loose
3	Deterioration /Damage of Health and life long pains & trauma	Loose
4	Likely family fights or disrespect, Losing control & social position	Loose
5	Less efficiency at work	Loose
6	Likely accident & possibly death	Loose forever
7	Who gains?	No one but seller

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Health is a prime concern



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Blood

Alcohol can cause

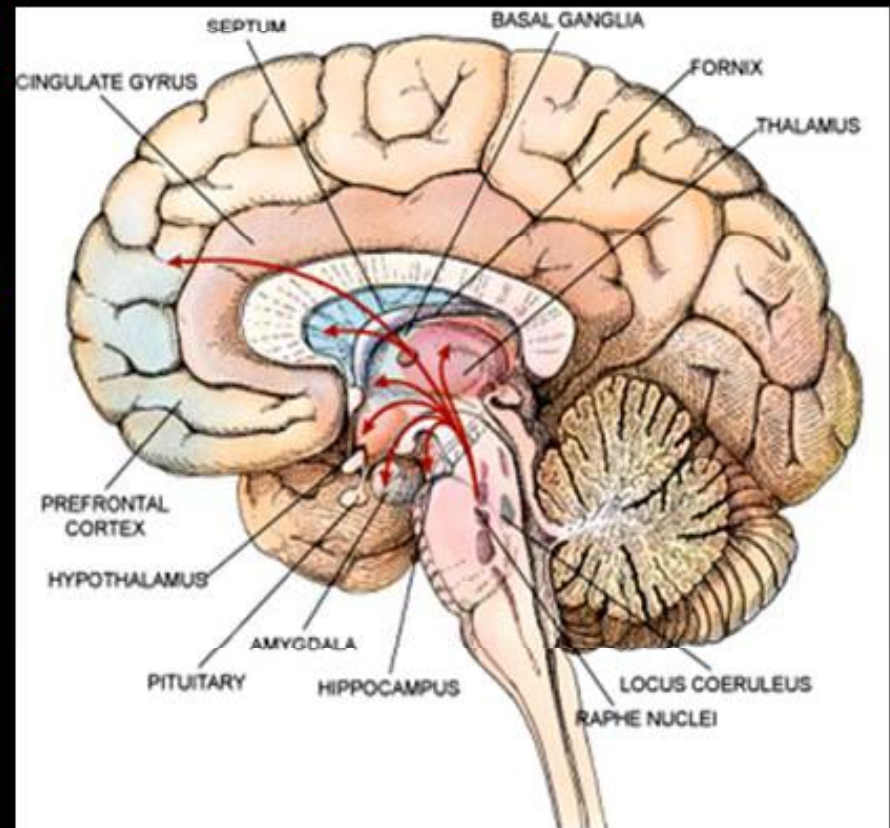
- Anemia
- Abnormal blood clotting, which results in excessive bleeding and easy bruising.
- Impairs the function of white blood cells, increasing susceptibility to infection.



Brain

Alcohol

- Depresses the central nervous system
- Contracts brain tissue
- Destroys brain cells -- which unlike many other types of cells in the body, do not regenerate.



Research Has Found Causes

Due to consuming alcohol

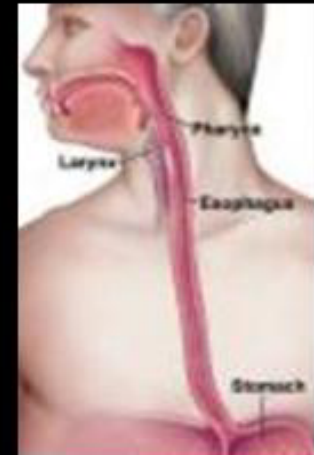
- Numerous food allergies
- Chemical allergies
- Hypoglycemia
- Vitamin deficiencies
- Mineral deficiencies



Esophagus

Alcohol is associated with nearly half of the cancers of the

- Esophagus
- Mouth
- larynx.

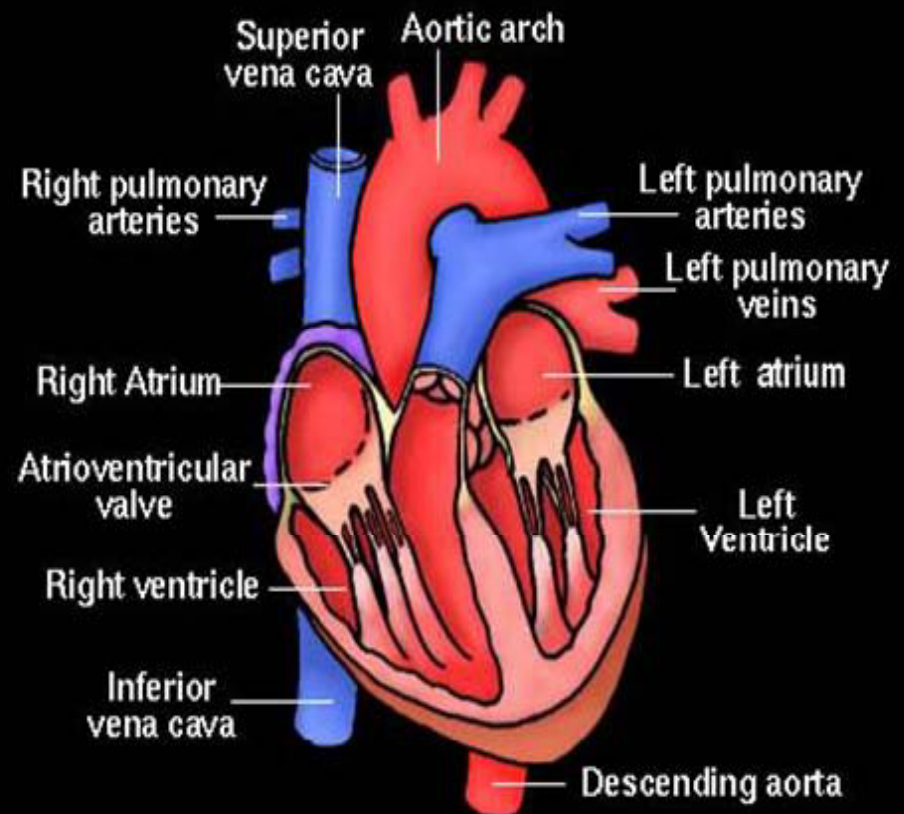


People who vomit too intensely after getting drunk can cause tears in their esophagus.

Heart

Alcohol Can Cause:

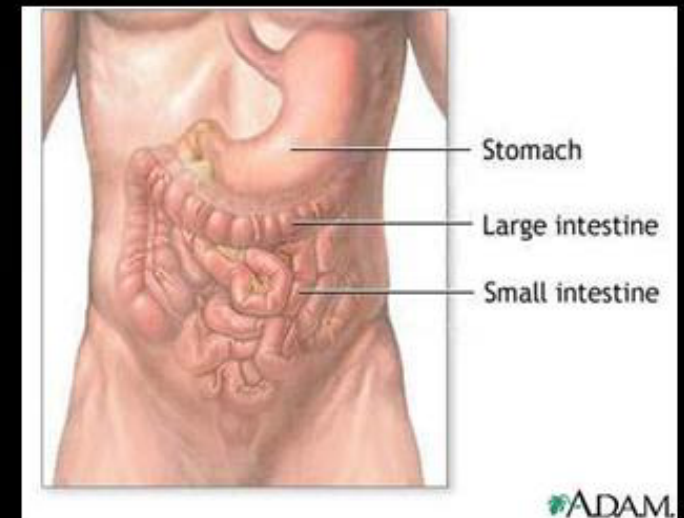
- Heart disease
- Stroke
- High blood pressure
- Irregular Heartbeats
- Heart Failure.



Small intestines & pancreas:

Alcohol

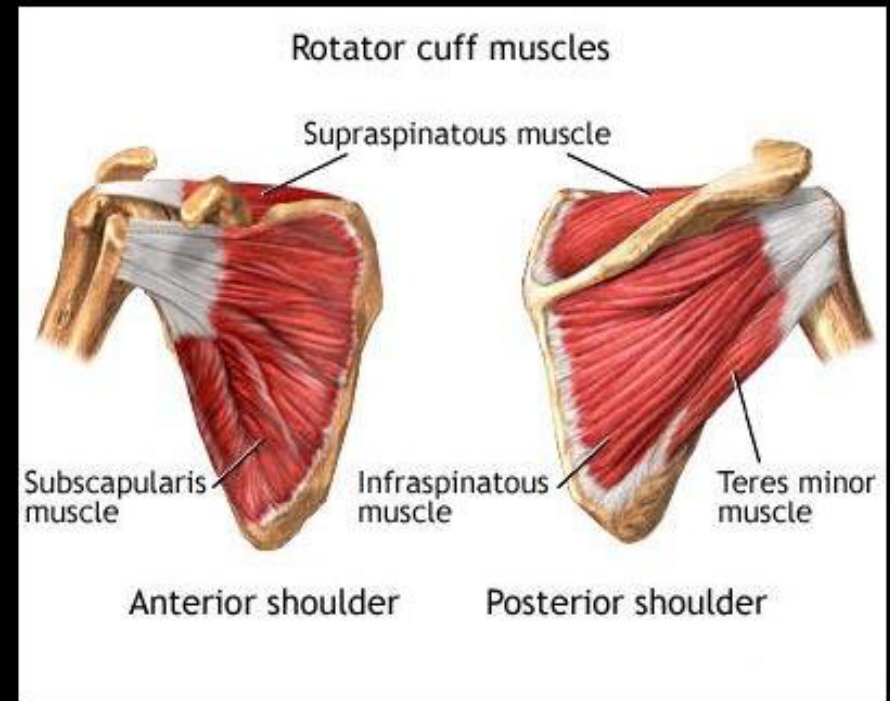
- blocks the absorption and breakdown of nutrients by damaging the cells lining the stomach and intestines, and by decreasing the amount of digestive enzymes secreted by the pancreas.
- The pancreas can become inflamed and leak digestive enzymes, which then attack the pancreas itself.



Joints & Muscles

Alcohol can cause

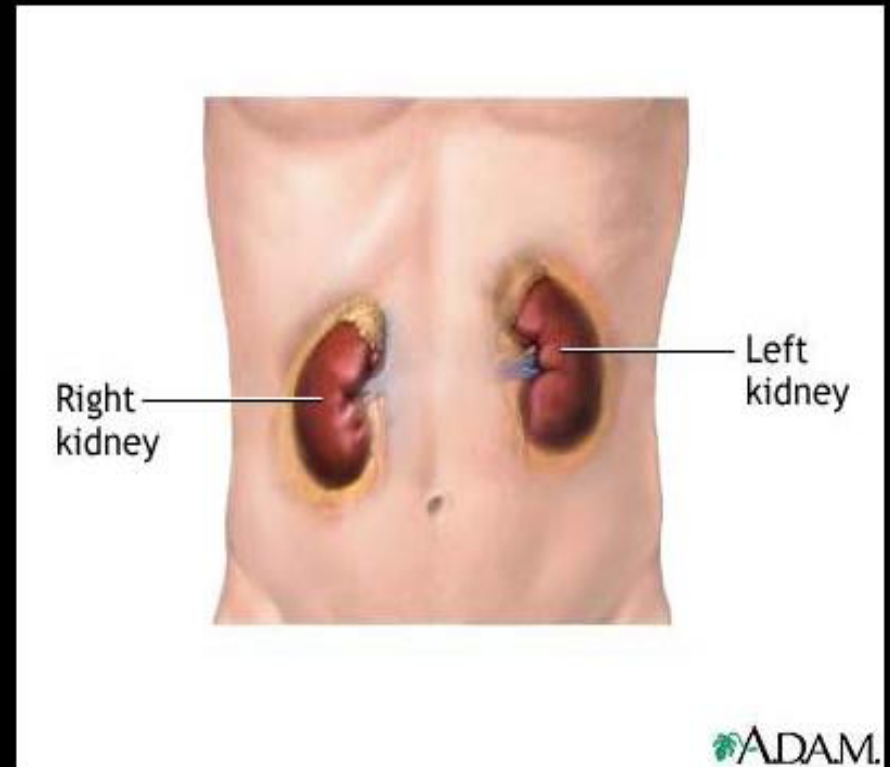
- Osteoporosis
- Arthritis
- Deform the joints.
- It can atrophy muscles and cause acute **muscle** pain and **weakness**.



Kidneys

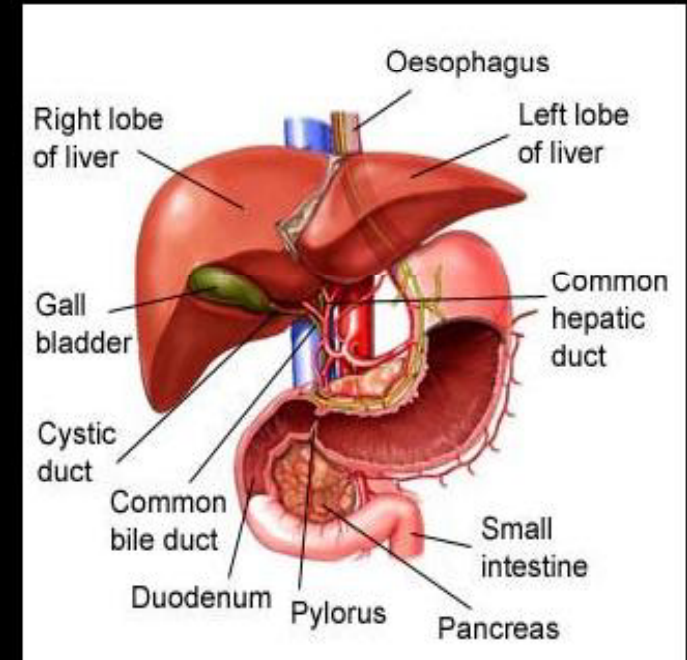
Alcohol

- Is a diuretic that increases urine output.
- Prolonged heavy drinking can cause kidney failure.



Alcohol Liver

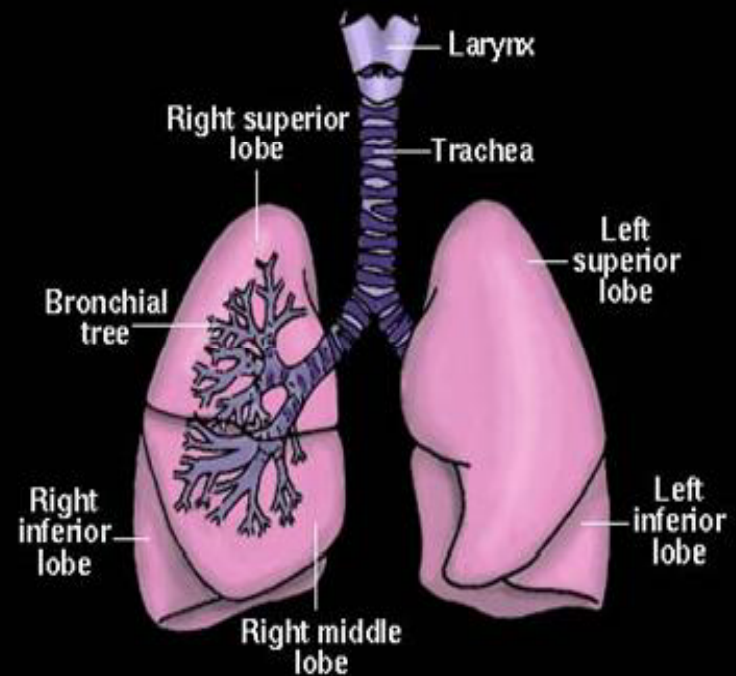
- Liver damage often begins with a fatty liver, and may progress to alcoholic hepatitis.
- Followed by the buildup of scar tissue known as **cirrhosis**.
- **Cirrhosis can change the structure of the liver and choke off blood flow.**
- This can cause varicose veins, which can rupture, triggering catastrophic bleeding.



Lungs

Alcohol Can Cause

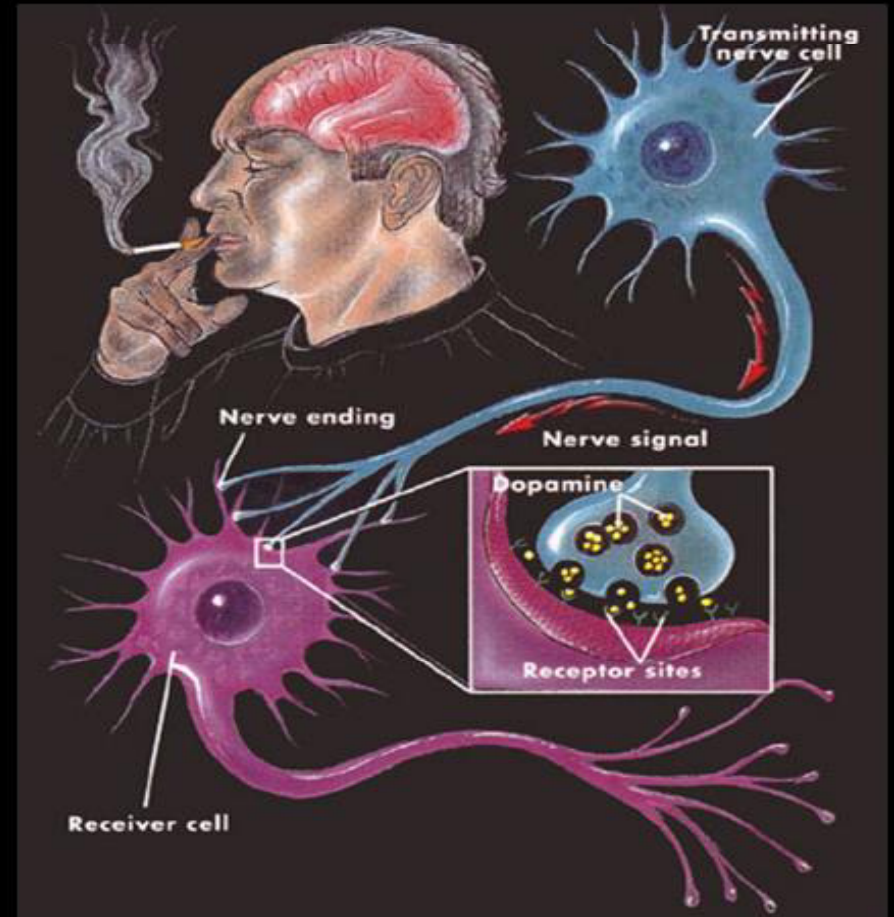
- Pulmonary Infections
- Pneumonia
- Lung Collapse.
- An intoxicated person loses his reflexes and can't clear his airway when he vomits.
- Stomach contents may get sucked into the lungs, which can lead to choking or pneumonia.





Nicotine

- -**Nicotine** (nicotine is a drug that aggravates and promotes hypoglycemia)
- (*Hypoglycemia is a metabolic disorder that if left untreated most often takes the **alcoholic back**



Reproductive system

ALCOHOL

In **men**, it impairs the production of sperm and testosterone, and can lead to **infertility** and **impotence**.

In **women**, the effect can be decreased estrogen metabolism in the liver which increases the amount of estrogen circulating in the body, which can contribute to **menstrual irregularities** and even **infertility**.



Reproductive system

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Health is a prime concern



Alcohol

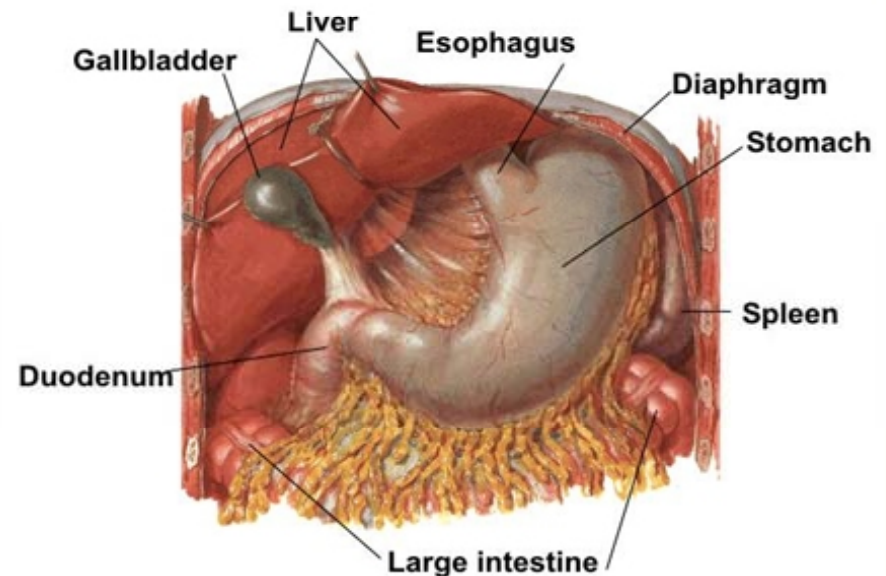
- Irritates Stomach
- Causes Gastritis
- Ulcers
- Acid Reflux

Gastritis is an inflammation of the mucous membrane that lines the stomach.

Erosion in that lining can cause constant oozing of blood into the stomach or, if a vessel ruptures, **major bleeding.**

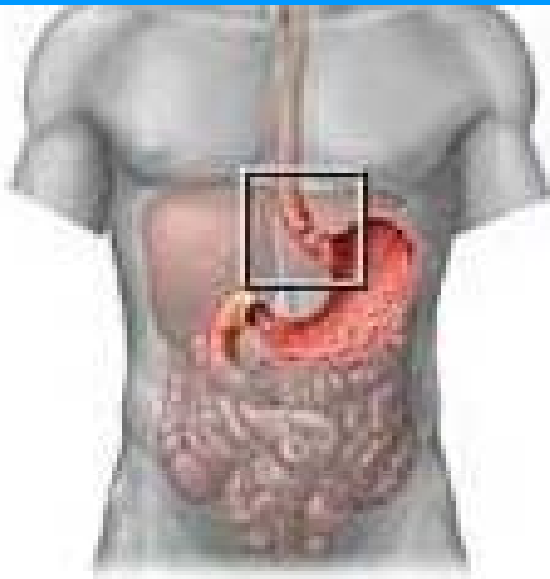
Stomach

The Stomach, Liver & Gallbladder

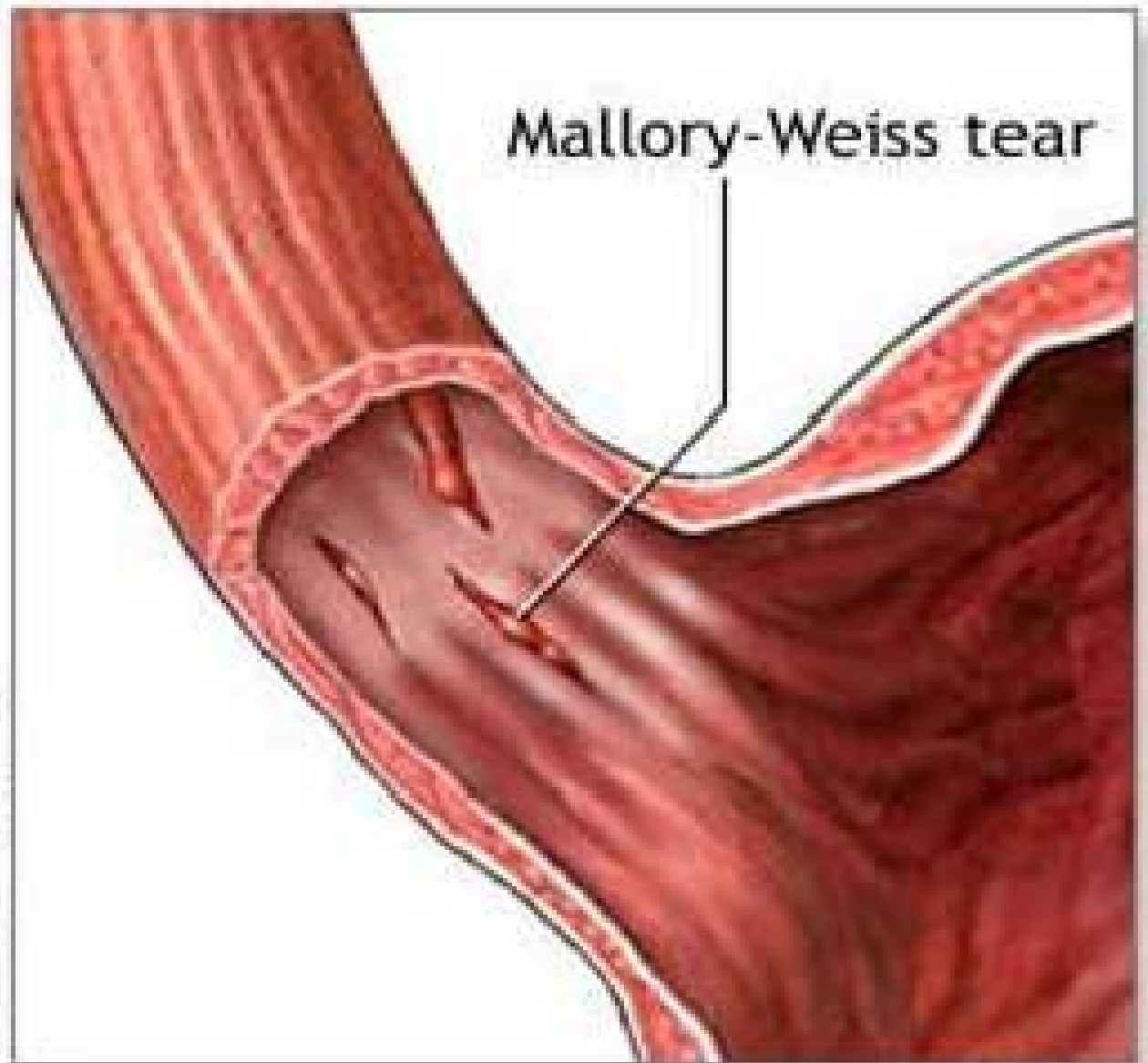


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Health is a prime concern



A Mallory-Weiss tear is a tear in the mucosal layer at the junction of the esophagus and stomach

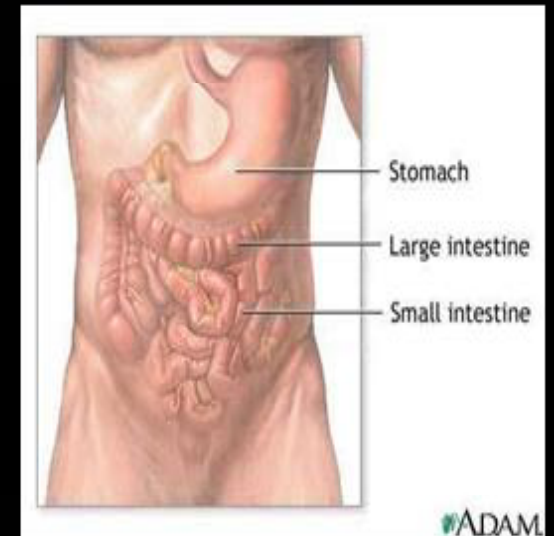


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Small intestines & pancreas:

Alcohol

- blocks the absorption and breakdown of nutrients by damaging the cells lining the stomach and intestines, and by decreasing the amount of digestive enzymes secreted by the pancreas.
- The pancreas can become inflamed and leak digestive enzymes, which then attack the pancreas itself.



CAUSES

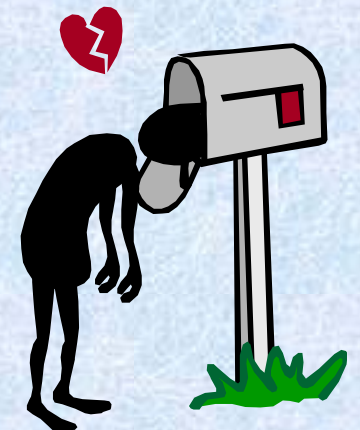
You drink to fit in the society



Bad influence force you to drink



Sometime you are tempted



You are not affirmative, cannot say NO!

EFFECTS OF CONSUMING ALCOHOL

It gives you a bad image of yourself



Makes you sicker



It damages your health



Makes you poor



Makes you addictive to it

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CONCLUSION

This is one of the very common problem

We have to avoid drinking and smoking
because our health depends on our
decision and probably our live too

We don't have to be convinced
with bad people and ideas and
if we know they are bad we
shouldn't have to be convinced



Summary



- Alcohol is a depressant
- Consuming alcohol brings about adaptive changes in the neuronal system
- Chronic alcoholism causes toxic effects on all the organs especially liver
- Let us decide firmly , no more alcohol!
- Stop others also consuming alcohol

Stop using alcohol

- Rehabilitation program or counseling .
- Consumption of raw juice of orange and lemon, apple and banana .
- Stop smoking completely for the reason that it increases the urge of a person to drink alcohol.



Be assertive



to any Alcohol



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- Alcoholics Anonymous
- Rehab
- Hospitals
- GP surgeries - Community Alcohol Treatment Services

Part – II – Know about Alcohol

Introduction



- Alcohol may be the world's oldest known drug. It is made fermenting grain, fruit juice and honey. The production of products containing alcohol has become big business in today's society and the consumption and abuse of alcohol has become a major public health problem.
- Occasional alcoholic drink never hurt anyone. The real danger lies in binge drinking and the development of a tolerance to alcohol, which causes the drinker to consume ever greater quantities of booze in a bid to regain that original but elusive feeling of well being.

Your Awareness of Alcohol

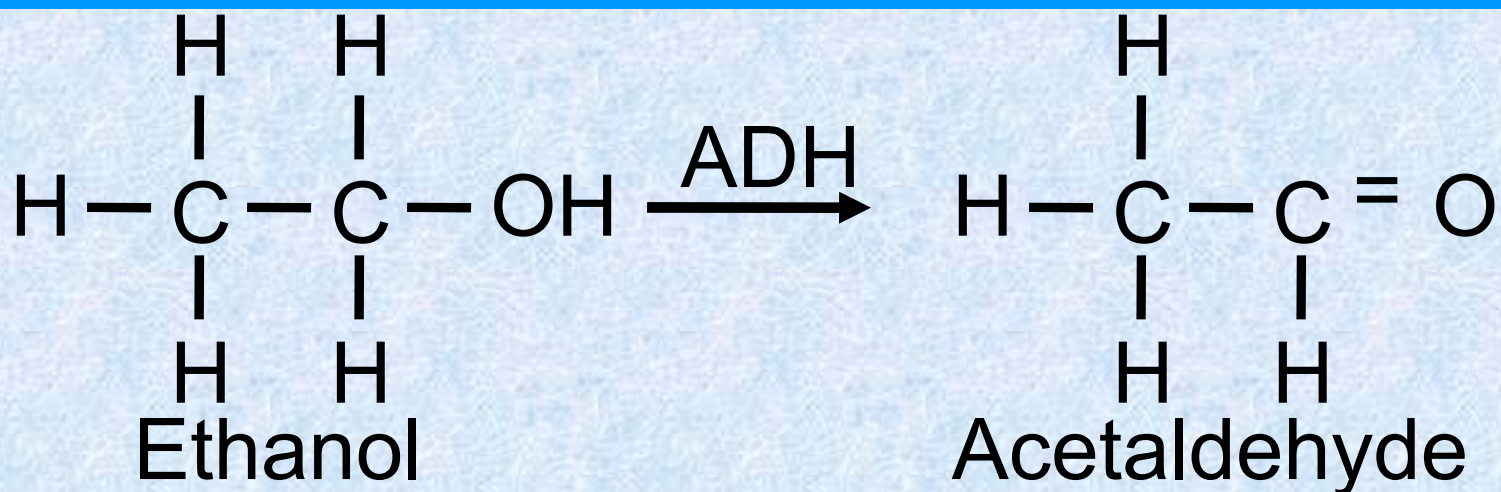


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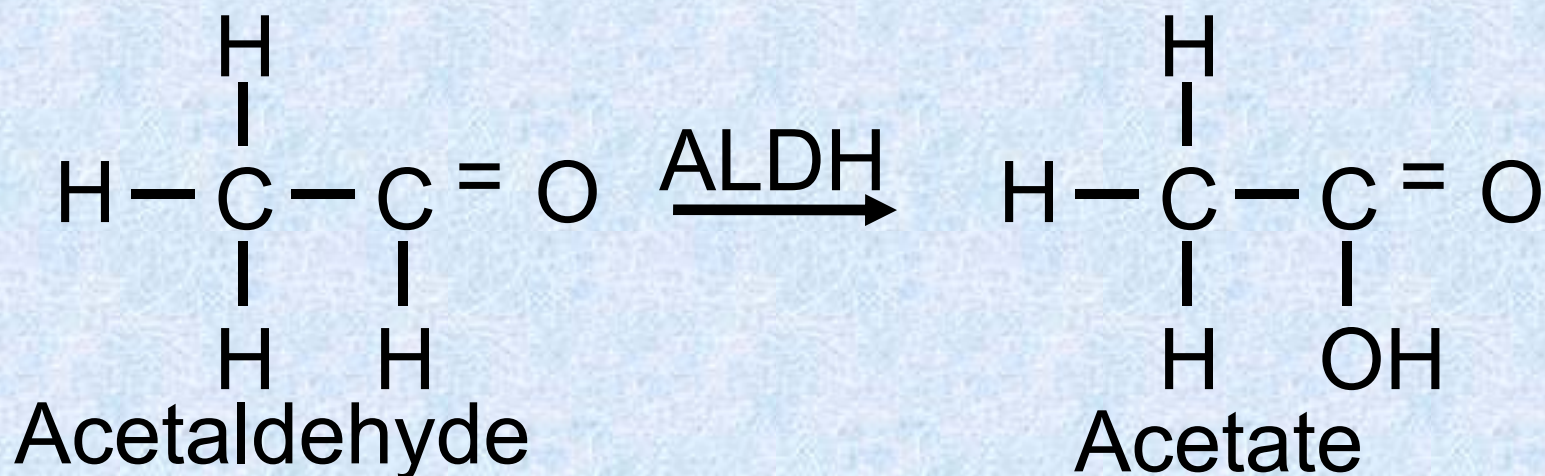
Basic of Alcohol



- The pharmacodynamics of alcohol actions in the body and brain, that is the pharmacological effects that produce the biological actions of the drug. (e.g. intoxication, organ damage etc.)
- The pharmacokinetics of alcohol, that is the timing of alcohol distribution and metabolism within the body and brain, as well as the pathways involved in metabolism of ethanol and its major metabolites.



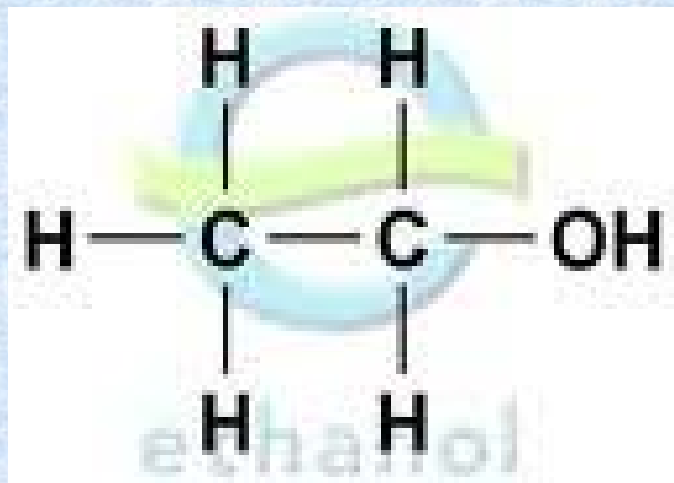
(ADH – Alcohol Dehydrogenase)



(ALDH – Acetaldehyde Dehydrogenase)

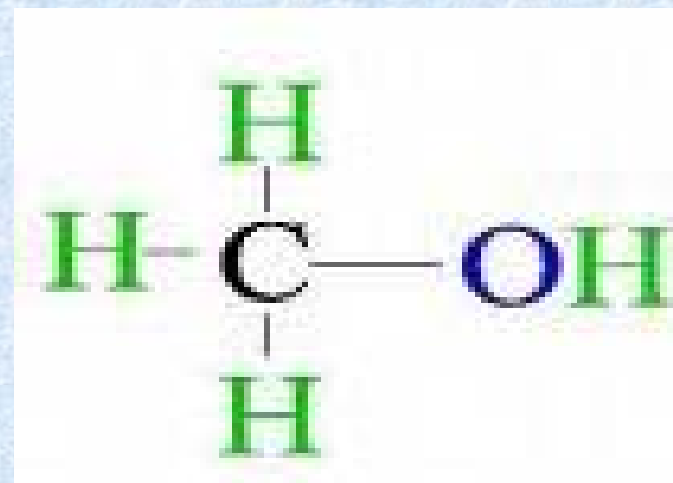
What are they ?

Ethyl Alcohol



(Ethanol)

Methyl Alcohol



(Methanol)

- 80-90% Metabolized
- Also metabolized in small amount by hepatic microsomal enzyme
- Rate is constant (not increased by concentrations in the blood) – zero order (8-12 ml/H of absolute alcohol)
- About 30 ml (1 oz) in 3 hours
- Concentration in exhaled air is 0.05% of blood concentration – used in medico legal purposes

- Sugar fermented to Alcohol & Carbon dioxide
$$\text{C}_6\text{H}_{12}\text{O}_6 \rightarrow 2(\text{CH}_3\text{-CH}_2\text{-OH}) + 2\text{CO}_2$$

(CO₂ + ethanol = Yeasts + Sugar + Water)
- Yeasts are living micro-organisms which die in concentrations of alcohol greater than 10 to 15%
- Starch $\xrightarrow{\text{Converts}}$ Maltose
- Commercially obtained from molasses

Alcoholic Beverages



- Malted Liquors: Fermentation of germinating cereals (malts) – mostly Barley – Beers (3-6%)
- Wines: fermentation of Natural Sugars – grapes, apples and other fruits
- No distillation <15%
- Fortified (port) – up to 22%
- Champagne – 12-16% (effervescent wine)
- Spirits – Rum, Whisky, Brandy and Gin - 40 to 55% v/v; Standard 42.8% v/v or 37% w/w
- **Sources:**
 - Whiskey & Rum - distilled grain & molasses
 - Gin – any sugar source
 - Brandy – Distilled wine (Grapes)
 - Vodka – fermentation of any of grain, rye, wheat, potatoes, grapes, sugar beet or molasses

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Alcoholic beverage



- An alcoholic beverage is a drink containing ethanol, commonly known as alcohol
- They are legally consumed in most countries, and over 100 countries have laws regulating their production, sale, and consumption
- In particular, such laws specify the minimum age at which a person may legally buy or drink them. This minimum age varies between 16 and 25 years, depending upon the country and the type of drink. Most nations set it at 18 years of age

Unit of measurement



Alcoholic drinks have different units

e.g. a glass of wine 250ml has 3 units and

a glass of vodka 50ml has 2

A man should not take more than 3-4 units a day
whereas a woman is allowed only 2-3 units a day.



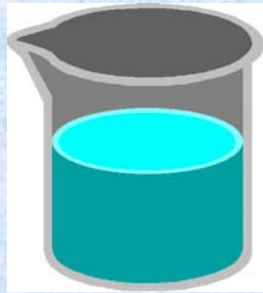
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Alcohol – % Calculations

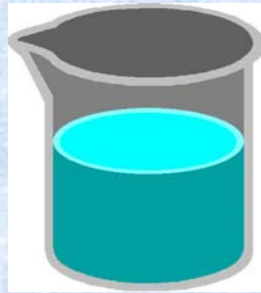


- Alcohol content of beverages:
- specific gravity of alcohol is 0.79
- Therefore, 1 litre alcohol weighs 790g
- Percent may be by weight or by volume
- By volume:
- 1 litre alcohol add 1 litre water = 50% (vol)
- By weight:
- 1 litre alcohol (790g), add 790g water = 50% (weight)
- **~40% alcohol by weight = 50% by volume**

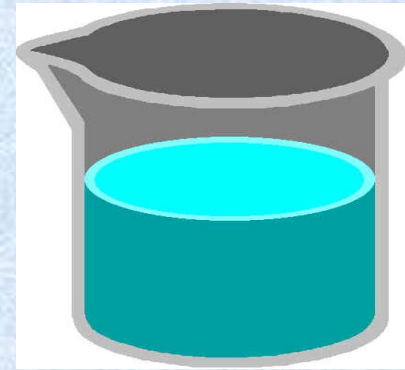
Alcohol % Calculations



+



=



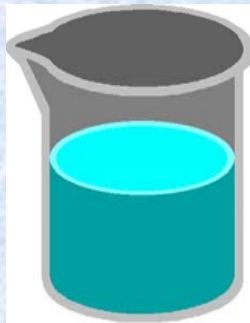
1 litre water

1 litre alcohol

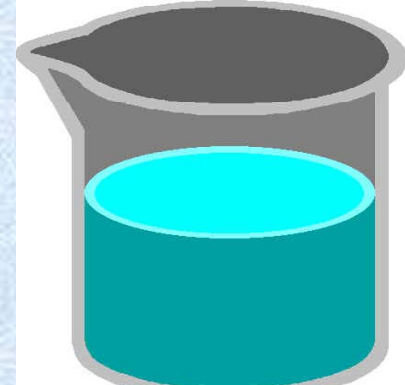
2 lit - 50% (volume)



+



=



1 kilo water

1 kilo alcohol

2 kilos 50% (weight)

40% alcohol by weight = 50% by volume

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Types

Alcoholic beverages are divided into three general classes :

- Beer
- Wine
- Spirit



Street Names

- Booze
- Hooch
- Liquor
- Gut rot
- Cold one
- Swill
- Cocktail



Alcoholism



- Alcoholism is a disabling addictive disorder.
- It is characterized by compulsive and uncontrolled consumption of alcohol despite its negative effects on the drinker's health, relationships, and social standing.



Alcoholism



Addicted to alcohol always feel anxiety till the time they do not consume it. This addictive habit of alcohol consumption is known as alcoholism.

Consumption of alcohol is a kind of paranormal disease in which a person tries out several and strange methods in order to acquire it.

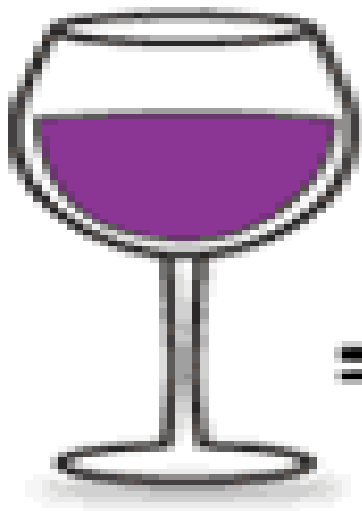
Who is an Alcoholic?



- 43% of U.S. adult citizens have been exposed to alcoholism in the family, while about 18% of adults lived with an alcoholic family member while growing up.
- Currently 28 million Americans that are children of alcoholics, while 11 million of these children are under 18 years of age.



did you know?



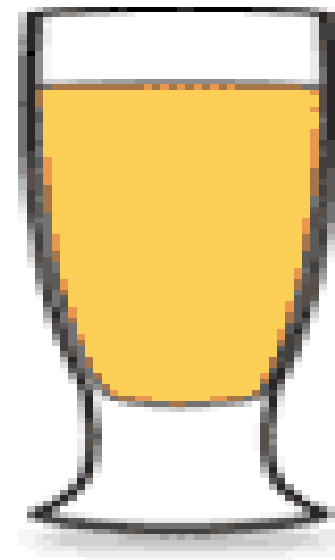
5oz

=



1 1/2oz

=



12oz

All the above contain the same amount of absolute alcohol!

Fruits, vegetables and grains. earthsoft

- Grapes
- Apples, pears, peaches, plums, bananas, pineapple
- Juniper berries
- Corn
- Molasses or sugar cane
- Barley, hops, malt
- Rice



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References & Websites



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Thank You

Wish you healthy & happy life