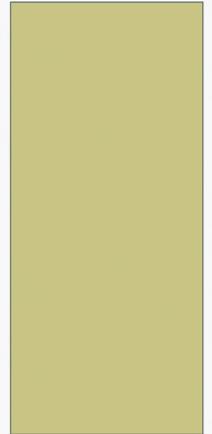


# HEALTH INITIATIVE LUNCH AND LEARN III: ALCOHOL AND DRUG EDUCATION/SUN PROTECTION

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THURSDAY, MARCH 6, 2014  
CAMPUS LIFE CENTER QUIET ROOM  
12:00-12:30 P.M.*



# OVERVIEW

- Alcohol Education:
  - Drinking Responsibly
  - Binge Drinking
  - Alcohol Poisoning
- Drug Education:
  - Recreational Drugs
  - Prescription Drugs
- Sun Protection:
  - Vitamin D
  - Skin Cancer
  - Sun Screens

# ALCOHOL EDUCATION

- Not all drinks are equal!!
  - The alcohol content differs among each type of drink. Beer for example can range from 4% to upwards of 20% (high gravity).
  - Blood Alcohol Content (BAC): The percentage of alcohol in the blood. The greater percentage of alcohol a drink contains, the faster a person's BAC will rise.

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**Drink**

<b>12 oz of Beer (4.1% Alcohol)</b>	<b>4 oz of Wine (12% Alcohol)</b>	<b>1.25 oz Shot (80 proof 40%Alcohol)</b>	<b>1.0 oz Shot (100 proof 50%Alcohol)</b>
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# DRINKING RESPONSIBLY

- Abstain from drinking until you are of legal age.
- Always practice moderation.
  - 2 drinks for men, 1 drink for women.
- Always appoint a designated driver.
- Never pressure anyone to drink.
- Be a role model.
- Nutrition
  - 7 calories/gram of Alcohol
    - Most alcoholic beverages are approximately 125-150 calories, however once you begin mixing with soda, juice, etc. the calories begin to pile on. If you choose to drink liquor try mixing with water or club soda. Also add extra ice cubes or keep it on the rock. This dilutes the cocktail allowing you to sip on the drink longer, decreasing the number of drinks consumed and also increases water intake.

# BINGE DRINKING/ALCOHOL POISONING

## **Binge Drinking**

### **(Episodic Excessive Drinking)**

- Men: 5 or more drinks.
- Women: 4 or more drinks.
- Roughly half of all college students binge drink and a growing number report misusing or abusing prescription drugs while drinking.
- Age group with the most binge drinkers – 18-34 years
- Binge drinking can lead to car crashes, violence, the spread of HIV and STDs, unplanned pregnancy, fetal alcohol syndrome and sudden infant death syndrome, as well as alcohol dependence.

## **Alcohol Poisoning**

- Occurs when there is too much alcohol in the bloodstream that areas of the brain that control basic life support functions begin to shut down.
- As BAC increases, impairment increases.
- Signs and Symptoms include: mental confusion, coma, inability to wake up, vomiting, seizures, slow breathing, irregular breathing, hypothermia, bluish skin color.
- Can cause death!

# DRUG EDUCATION

- E-cigarettes have become increasingly popular as a safer alternative to conventional cigarettes.
  - Little research has been completed to fully understand the health risks associated with e-cigarettes. Vapor from some e-cigarettes have been found to contain carcinogens and toxic chemicals.
- After Marijuana, prescription and over-the-counter medications account for most of the commonly abused drugs.
- Approximately 1 in 4 people aged 18-20 report using prescription medications non-medically at least once in their lives.
  - The use of pain relievers is on the rise among college students.
  - Approximately half of students will be given the opportunity to abuse prescription drugs by their sophomore year.
- Research has shown that students who take prescription drugs for non-medical reasons are 5x more likely to develop a drug abuse problem than those who don't.
- Krokodil: Cheap heroin substitute. A synthetic form of a heroin like drug called desomorphine that is made by combining codeine tablets with toxic chemicals such as lighter fluid or industrial cleaners.
- N-Bomb: Synthetic hallucinogens sold legally as substitutes for LSD or mescaline. Also called "legal acid," "smiles," or "25I." Generally found as powders, liquids, or blotter paper.

# RECREATIONAL DRUGS

- Most Popular:
  - Tobacco
  - Alcohol
  - Cocaine
  - Heroin
  - Methamphetamine
  - Marijuana
  - Club Drugs
    - MDMA
    - Ecstasy
  - Bath Salts
  - Ketamine
  - Salvia
  - PCP
  - LSD
  - Mescaline
  - Anabolic Steroid
- Side Effects/Health Risks:
  - Tobacco: Increased blood pressure, lung disease, cardiovascular disease, stroke, cancers of the mouth, larynx, esophagus, stomach, etc.
  - Alcohol: Lowered inhibitions, euphoria, slurred speech, emotional volatility, loss of coordination, fetal damage, hypertension, liver and heart disease, depression.
  - Cocaine: Increased heart rate and blood pressure, feelings of exhilaration, loss of appetite, irritability, paranoia, insomnia, stroke, seizures, nasal damage.
  - Heroin: Impaired coordination, dizziness, confusions, sedation, slowed or arrested breathing, endocarditis, HIV, hepatitis.
  - Meth: Similar to cocaine, can also have severe dental problems.
  - Marijuana: Euphoria, relaxation, distorted sensory perception, anxiety, panic attacks, psychosis, frequent respiratory infections.
  - Club Drugs: Increased tactile sensitivity, lowered inhibition, anxiety, hyperthermia, depression, impaired memory.
  - Dissociative Drugs: Feelings of being separate of one's body, impaired motor function, tremors, numbness, psychosis, respiratory depression and arrest, seizures, death.
  - Hallucinogens: Hallucinations, altered state of perception, loss of appetite, impulsive behaviors, rapid shifts in emotion.
  - Others: Hypertension, blood clotting, hostility and aggression, prostate cancer.

# PRESCRIPTION DRUGS

- Most Popular:
  - Depressants:
    - Phenobarbital, Xanax, Valium, Klonopin, Ambien.
  - Opioids:
    - Codeine, Morphine, Methadone, Fentanyl, Oxycodone, Hydrocodone, Percocet, Vicodin.
  - Stimulants:
    - Adderall, Dexedrine, Ritalin.
  - Others:
    - Nitrous Oxide
    - Dextromethorphan (DXM, aka Cough Syrup)
- Side Effects/Health Risks:
  - Depressants: Sedation, drowsiness, lowered inhibitions, lowered blood pressure, increased risk of respiratory distress when combined with alcohol. Irritability, life-threatening withdrawal in chronic users.
  - Opioids: Pain relief, euphoria, sedation, impaired coordination, slowed or arrested breathing, low blood pressure, unconsciousness, coma, death. Risk of death increased when combined with alcohol or other central nervous system depressants.
  - Stimulants: Feelings of exhilaration, increased heart rate and blood pressure, loss of appetite, weight loss, insomnia, seizures, heart attack, stroke
    - Full time students between 18-22 are twice as likely to use a stimulant for non-medical reasons compared to those who are not in college.
  - Others:
    - Nitrous Oxide: Dissociation, euphoria, analgesia.
    - DXM: Slurred speech, vomiting, confusion, paranoia, impaired motor function.

# SUN PROTECTION

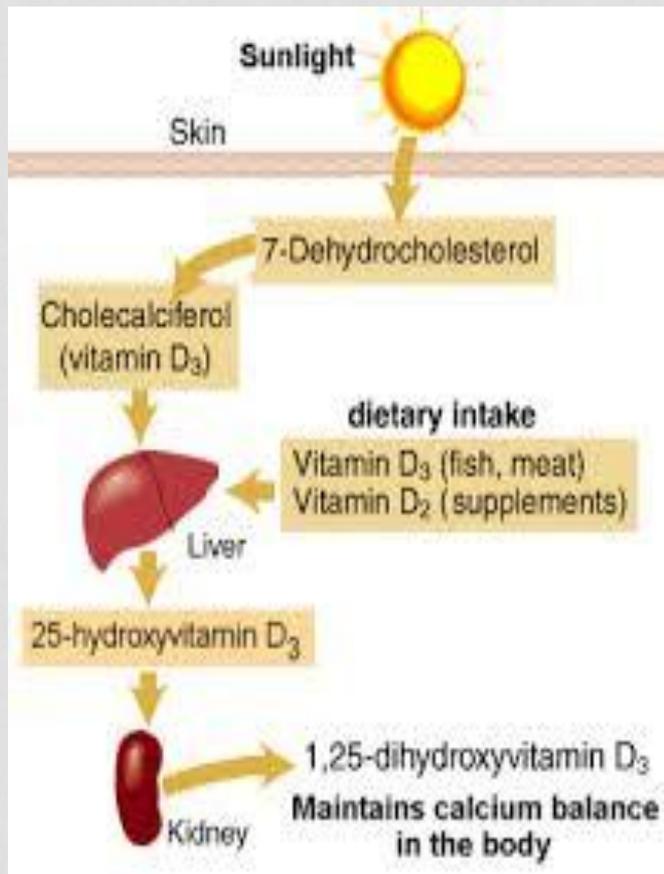
## Vitamin D

- Vitamin D is also known as the sunshine vitamin. Active vitamin D is produced when skin is exposed to sunlight.
- Essential for maintaining strong bones by helping the body absorb calcium. Also important for the immune system to fight off bacteria and viruses.
- Vitamin D deficiency is now recognized as a pandemic. Although dermatologists recommend that you apply sunscreen 15 minutes prior to going outside, it is wise to wait 10-15 after being outside to apply. This is enough time to allow your body to begin the synthesis of vitamin D.

## Skin Cancer

- Three types of skin cancer that account for nearly 100% of all diagnosed cases:
  - Basal Cell Carcinoma – Most common
  - Squamous Cell Carcinoma – Highly Curable
  - Melanoma – If found early and treated the cure rate is nearly 100%. However, melanoma spreads quickly and when it spreads, it can be deadly.
- Sun exposure is the most preventable risk factor for skin cancer. You can prevent skin cancer by:
  - Seeking shade when appropriate. The sun's rays are the strongest between 10:00 a.m. and 2:00 p.m.
  - Wear protective clothing.
  - Generously apply sunscreen.
  - Use caution when near water, sun, and sand because the rays can reflect and intensify.
  - Avoid tanning beds.

# VITAMIN D SYNTHESIS/SKIN CANCER



# SUN SCREEN

- Best sun screens
  - Always make sure sun screens are broad-spectrum and water-resistant. Broad spectrum provides protection from both UVA and UVA rays.
- SPF: What does it mean?
  - SPF mean Sun Protection Factor. An SPF of 30 or more is recommended.
- How often should you reapply?
  - You should reapply sunscreen at least every 2 hours as well as after swimming or excessive sweating.



# RESOURCES

- Center for Disease Control
- Food and Drug Administration
- Nation Institute on Drug Abuse
- Nation Council on Patient Information and Education
- Substance Abuse and Mental Health Services Administration
- American Academy of Dermatology

QUESTIONS?

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