

# THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



## Alcohol Edition 2018

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### What is BAC?

BAC stands for Blood Alcohol Content. This refers to the amount of alcohol in a person's bloodstream. The higher a person's BAC Level, the greater the chance for danger (serious illness, injury, and even death). Alcohol is absorbed directly through the walls of the stomach and the small intestine, goes into the bloodstream, and travels throughout the body and to the brain. Alcohol is metabolized by the liver. This is the process by which alcohol leaves the body. The liver can only metabolize a certain amount of alcohol per hour, which means alcohol leaves the bloodstream more slowly than it enters. This is why a person's BAC can continue to rise after they have stopped drinking.

### Things to Know

- ❖ The legal drinking age in New York State is 21.
- ❖ SUNY Cobleskill has a Zero Tolerance Policy for Alcohol and Other Drug violations. Violations of this policy could put your academic career at risk.
- ❖ Choosing to drink, even in moderation, puts you at risk for health, legal, and academic problems.
- ❖ 90% of sexual assaults occur while one or both participants are under the influence of drugs or alcohol.

### Mental Health Screenings

If you are concerned about the amount of alcohol or other substances you are using, or if others have expressed concern, you can start by taking the anonymous & confidential Mental Health Screenings available on the Wellness Center's website: [www.cobleskill.edu/wellness](http://www.cobleskill.edu/wellness). Remember that you can always come in and talk to a provider about your concerns!

**Think before  
you drink!**

### Did you know?

- A straight up drink will hit your bloodstream faster than alcohol that is mixed with water; therefore you will feel the effects faster.
- Sodas and carbonated mixers actually speed up the absorption of alcohol causing greater potential for dangerous consequences.
- Mixing alcohol with other drugs, whether legal or not, will have an unpredictable effect. People have died from this mixture.
- It takes our bodies 1-2 hours to eliminate 1 standard drink from our blood.

### What is a standard drink?



### Signs of a Life-Threatening Overdose

An alcohol overdose happens when the amount of alcohol in your body increases rapidly over a short period of time. This can occur as a result of consuming more alcohol than your body can process. In general, the body can safely process one standard drink per hour. If you drink more than this, you may consume so much alcohol that it causes your body to stop working properly. Alcohol depresses your nervous system, so you may experience serious complications if you drink at a rate that is much faster than your liver can process (Mayo Clinic, 2010). These complications can include:

- Mental confusion, stupor, or cannot be awakened
- Vomiting
- Seizures
- Slow breathing (fewer than 8 breaths per minute)
- Irregular breathing (10 sec or more between breaths)
- Hypothermia (low body temp), bluish skin, paleness

### What Do I Do If I Suspect An Alcohol Overdose?

**Call UPD (518-255-5555) or 911 IMMEDIATELY**

If you suspect an alcohol overdose and the victim is unconscious, do not leave the person alone. Place the person on his or her side and remain with the unconscious person until emergency medical help arrives. Efforts will be made to mitigate sanctions associated with alcohol and other drug offenses for "Good Samaritans." These considerations apply to individual(s) who may have participated or contributed in the use/abuse of alcohol or other drugs, but have summoned aid for the person with an overdose.

### Ways to Lower Your Risk IF You Decide to Drink Alcohol

- Know your limit
- Eat food while drinking
- Don't participate in "chugging" contests or other drinking games
- Space your drinks out over time
- Beware of unfamiliar drinks or drinking from a punch bowl
- Buddy system (watch out for one another throughout the evening)
- Do not leave your drink unattended

### The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819 Nurse Call Line 518-255-5622

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225