

**ALCOHOL USE
& ATHLETIC PERFORMANCE
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****INTOXICATION****

***Blood Alcohol Level (BAL): Major Influences**

<i>Factor</i>	<i>Effect</i>	<i>Reason</i>
<i>Food</i>	Higher with Empty Stomach	Alcohol is absorbed into the blood from the small intestines not the stomach; food traps alcohol in the stomach
<i>Type of Drink</i>	Lower for Beer than Wine than Whiskey than Vodka/Gin even with same amount of alcohol per drink	The higher the concentration of alcohol the faster it moves from the intestines into the blood
<i>Body Weight</i>	Lower for heavier persons even with the same amount of alcohol is consumed	The blood alcohol level is determined by the amount of total body water; heavier persons have more body water and lower BALs
<i>Body Fat</i>	Higher in persons with more body fat	Alcohol can not go into fat; the amount of total body water is lower in persons with higher body fat; women usually have higher percentage of body fat than men of the same weight
<i>Time</i>	Higher the shorter the drinking time period	The body can get rid of one standard drink per hour; this process can't be speeded up

***Blood Alcohol Level (BAL): Effect of Weight & Time**

# of Drinks	Weight (pounds) & Time (BAL after 1 hours vs 3 hours)				
	160 pounds 1 vs 3 hrs	180 pounds 1 vs 3 hrs	200 pounds 1 vs 3 hrs	220 pounds 1 vs 3 hrs	240 pounds 1 vs 3 hrs
2	.04 vs 0	.03 vs 0	.03 vs 0	.02 vs 0	.03 vs 0
3	.06 vs .02	.05 vs .01	.05 vs .01	.04 vs 0	.04 vs 0
4	.08 vs .04	.07 vs .03	.06 vs .03	.06 vs .02	.05 vs .01
5	.10 vs .06	.09 vs .05	.08 vs .04	.07 vs .03	.07 vs .03
6	.12 vs .09	.11 vs .07	.10 vs .06	.09 vs .05	.08 vs .04

**Drinking & Driving*

70 mg% or .07 = Driving under the Influence (DUI)

80 mg% or .08 = Driving while Intoxicated (DWI)

3-5 drinks in 1 hour; 4-5 in 2 hours; 4-6 in 3 hours

0,1,3 rule: 0 drinks if your working, on medication, or have
a history of serious alcohol problems

1 drink per hour and 3 drinks maximum per day

**Elimination*

1 Standard Drink Per Hour: 12 ounces of beer; 5 ounces of wine
or 1.5 ounces of spirits

**Alcohol Intoxication's Brain Effects*

(From Rising and Falling Blood Levels)

Euphoriant/Stimulant; Relaxant; Sedative; Increase Social
Interaction; Impair Coordination & Judgment; Slow Reaction Time ;
Aggression; Reduce Inhibitions

HANGOVER

- * **Occurs After Consuming 6 or more standard drinks**
- * **Dehydration and Mini Withdrawal Reaction**
- * **Brain Cell Changes** (Impaired Vision, Coordination, Reaction Time; Energy Level & Concentration)
- * **Morning Drinking or Drug Use (Stimulants and Sedatives)**

ALCOHOL ABUSE: RISK FACTORS

- * **Male Sex** (men twice as likely as women)
- * **Ethnic Groups** (higher in africanamericans, european americans and hispanics; lower in asians and jews)
- * **Occupation** (availability and work schedule)
- * **Family History** (4 X greater risk of alcoholism if family history is positive)
- * **Sensitivity to Alcohol** (4 times greater for alcoholism if not sensitive to the intoxicating effects of alcohol-i.e. can hold their drink)

ALCOHOL ABUSE: WARNING SIGNS

- *Drinks to the point of losing control/passing out
- *Drinks to get drunk
- *Drinks frequently/gulps/sneaks
- *Drinks on an empty stomach
- *Drinks in the morning
- *Drinks for negative reasons (escape; loneliness; insecurity)
- *Drinks even if sick

CAGE Test:

Have you ever felt you should **Cut Down** on your drinking;
Annoyed when others criticize your drinking;
Guilty after drinking;
Eye Opener in the morning to feel better/get rid of a hangover

