Proof
- Strength of alcohol
- 100 proof = 50%
- proof is double the % of alcohol

Liver
- the organ that filters out your blood

Inhibitions
- alcohol lowers your inhibitions

Coordination
- directly affected by alcohol consumption
- it is immediately affected, regardless whether you feel like you are or not
- they think they sound normal, but slurred speech etc
- slower

Coma
- drank so much you’ve injured your brain
- not a physical injury, a chemical injury

Reflexes
- slows down and changes

Sober
- no substances in your system whatsoever

Hepatitis C
- hepatitis = inflammation of the liver
- more likely to get disease by alcohol
- can eventually lead to cirrhosis if you don’t stop drinking

Cirrhosis
- once you get diagnosed, you have 2 options: die or liver transplant
- liver can regenerate to a certain point, it can lose that function
- liver transplant only given to those who quit drinking

Fetal Alcohol Syndrome
- heavy drinkers may drink first few months of pregnancy if they don’t notice they are pregnant
- first few months are vital for baby’s growth = drink = FAS
- FAS - small head, small brain = mental retardation, flat area above lips

withdrawal
- Vomiting, chills, headaches
- Chemical change back to original

carbonated
- ethyl alcohol
- drinking alcohol
- beer, etc

methyl alcohol
- non-drinking alcohol
- hand sanitizer, etc

Minor
- under legal drinking age

Tolerance
- over time tolerance can grow

Designated driver