Legal Facts

It is ILLEGAL for:

- ☞ Anyone under the age of 21 to buy or possess alcoholic beverages.
- ☞ Anyone over the age of 21 to purchase alcohol for anyone under the age of 21.
- ☞ Any adult to drive a car if their blood alcohol content is 0.08 or higher.
- ☞ Any minor (under 21) to drive a car if they have a blood alcohol content of 0.02 or higher. One beer can cause a person to register 0.02 in a Breathalyzer test.
- ☞ Anyone to have an open container of alcohol in their car while driving.

For more information about alcohol, tobacco and other drug issues, please contact:

Lincoln Council on Alcoholism and Drugs
914 L Street
Lincoln, NE 68508
(402) 475-2694
Fax: (402) 475-2699
www.lcad.org

This program is partially funded by Region V Systems, the United Way of Lincoln/Lancaster County, JBC and private donations.

The Truth About Alcohol

What You Should Know

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Health Facts

☞ Alcohol goes directly into the bloodstream, which is why it affects every part of the body: it can damage almost every organ in your body, mess with your mind and change the way you think, feel, and act.

☞ Alcohol is a depressant affecting your brain and slowing the body's functions and reflexes. You may feel relaxed but your judgement, vision, speech, and balance become impaired.

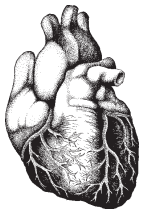
☞ Alcohol may cause you to become violent and start a fight, lose control of a car and possibly kill someone, wake up in a strange place and not remember how you got there or what happened to you. Many murders, suicides, and other violent crimes take place when one or more of the people involved have been drinking. Alcohol related car crashes are the leading cause of death among young people ages 16 to 25.

☞ It takes the liver about one hour to break down one standard serving of alcohol. Heavy drinking can cause liver disease and cancer of the liver. A damaged liver can no longer clear the blood of bodily poisons, which then injure other organs and may cause death.

☞ Alcohol can cause the pancreas lining to swell and therefore blocking off the passage from the pancreas to the small intestine. Chemicals needed in the small intestine to aid digestion cannot get through and consequently they begin to digest the pancreas itself causing abdominal pain, vomiting, and possibly death.

☞ Alcohol can increase the workload of the heart and damage the heart muscles. The heart tries to compensate for the damage by growing larger and finally becomes unable to pump enough blood to the body. Irregular heartbeats and high blood pressure may follow.

☞ Besides heart muscles, alcohol can also damage other muscles and prevent them from absorbing calcium.



☞ Alcohol irritates the stomach lining and cause vomiting. Long term use can lead to cancer of the stomach and esophagus.

☞ Drinking an extreme amount of alcohol in one sitting can result in alcohol poisoning, which can be fatal if not treated. One 12-ounce can of beer, one 5-ounce glass of wine and one 1 1/2 ounce shot of distilled spirits (standard serving) contain the same amount of pure alcohol.

☞ Children in families with an alcoholic parent are at four times higher risk for developing alcoholism.

☞ Alcohol should never be taken with medications. Alcohol reacts negatively with more than 150 medicines.

☞ A pregnant woman who drinks runs the risk of alcohol related birth defects, called Fetal Alcohol Spectrum Disorders (FASD), a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems.

There is no known amount of alcohol that is safe to drink while pregnant.

There is no safe time to drink during pregnancy.

There is no safe kind of alcohol to drink while pregnant.

If you are pregnant, don't drink. If you drink, don't get pregnant.