

ON AVERAGE, MEN DRINK ALCOHOL MORE THAN WOMEN AND SUFFER MORE OF ITS ILL EFFECTS AS A RESULT. READ ON TO FIND OUT WHAT EVERY MAN NEEDS TO KNOW ABOUT ALCOHOL.

Alcohol is the same whether the beverage is wine, beer, or hard liquor. The only thing that changes is the concentration of alcohol in the beverage. Beverage alcohol is a drug that depresses the central nervous system like sedatives and anesthetics. Depending on how much a person ingests, sedation can be manifested in many ways including weakened muscles, slurred speech, hazy thinking, slowed reaction time, impaired vision, fogged memory, and sexual impotence.

Some people think that alcohol is a stimulant because people who drink seem less socially inhibited and appear more free and animated. This is a common misconception because this increased animation is a result of the sedation in the brain including decreased self-inhibition, impaired judgment, and reduced self-control.

Alcohol is also classified as a food because it contains calories. The average drink has about the same calorie count as a large potato but, unlike a potato or any other food, alcohol has no nutritional value. The calories are therefore empty and can contribute to weight gain (beer belly).

It is important to keep in mind that not all men drink. In 2007, 1 in 5 male Missouri college students reported not drinking alcohol AT ALL (2007 MCHBS). If you do choose to drink, here are some things you should keep in mind.

For more answers, contact:

- Harris-Stowe State University**
Office of Counseling Services
(314) 340-5053
- Lincoln University**
Student Health Services
Thompkins Center
(573) 681-5476
- Missouri State University**
Taylor Health and Wellness Center
(417) 836-4000
- Missouri Southern State University**
Advising, Counseling, and Testing
(417) 625-9324
- Missouri Western State University**
Counseling Center
(816) 271-4327
- Northwest Missouri State University**
Wellness Center
(660) 562-1348, peeredu@nwmissouri.edu
- Southeast Missouri State University**
Substance Abuse Prevention and Education
Center for Health and Counseling
(573) 986-6191, chc@semo.edu
<http://www6.semo.edu/SAPE/>
- Truman State University**
University Counseling Services
(660) 785-4014
<http://ucs.truman.edu>
- University of Central Missouri**
Office of Violence and Substance Abuse Prevention
660.543.8338
- University of Missouri**
Wellness Resource Center
(573) 882-4634
<http://wellness.missouri.edu>
- University of Missouri-Kansas City**
Counseling, Health and Testing
(816) 235-1635, chtc@umkc.edu
<http://www.umkc.edu/chtc/>
- Missouri University of Science and Technology**
Health Education Office
(573) 341-4225, mstshs@mst.edu
<http://studenthealth.mst.edu/wellness/>
- University of Missouri-St. Louis**
Wellness Resource Center
(314) 516-5380, Health_services@umsl.edu
www.umsl.edu/services/health

For further information on wellness issues facing college students, contact:

Missouri Partners in Prevention
(573)882-4634
<http://pip.missouri.edu/>



Alcohol | FITNESS

Alcohol Cancels Out Gains From Your Workout

Consuming alcohol after a workout, practice, or game, will cancel out any physiological gains you may have received from such activities. Long term alcohol use can prevent protein synthesis and even short term use can prevent muscle growth.

Alcohol Use Prevents Muscle Recovery

In order to build bigger and stronger muscles, our bodies need sleep after workouts to repair themselves. Alcohol use affects our sleep cycles, causing the secretion of the hormone HGH or "human growth hormone" to be lowered by as much as 70 percent! HGH is part of the body's muscle growing and repair process.

Also, alcohol triggers the production of a substance in the liver that is toxic to testosterone, which is essential for the recovery and build-up of muscles.

Alcohol Depletes Your Source of Energy

Alcohol prevents the production of ATP, which is the energy fuel our body's use to run on, and is necessary for our muscles to contract. This causes a loss of energy and endurance.

Alcohol Use Constricts Metabolism and Endurance

No matter how much you exercise alcohol constricts your aerobic metabolism and endurance.

Alcohol Prevents Absorption of Vitamins

Certain vitamins and minerals are essential to exercise recovery and fitness. Regular drinking can lead to vitamin deficiency, diminishing this process. Alcoholic beverages contain very small amounts of vitamins. Also, alcohol acts to ensure that vitamins are not absorbed into the bloodstream. Alcohol causes intestinal cells to stop absorbing thiamin, folacin and B12. Alcohol also causes liver cells to activate vitamin D less efficiently. Finally, alcohol forces kidneys to excrete more calcium, magnesium, zinc and potassium, lowering the body's levels of these vital minerals.

Alcohol and Fluid Replacement

Strenuous workouts require a proper amount of hydration. Alcohol works as a diuretic, ridding the body of fluids it could use in a workout. This causes added loss of minerals as well as electrolytes and can lead to dehydration.

Alcohol | SEX

Research has shown that the sexual effects of alcohol are different for men and women. This is likely the result of both physical and social differences in the way women's bodies and men's bodies react to alcohol and respond sexually.

Not surprisingly, the amount of alcohol consumed, and how often a man drinks, has an impact on whether there will be negative sexual effects of alcohol for men. Most of the research in this area has been with men who are, or were, alcoholics. Sexual effects in these studies include:

- Difficulty getting and maintaining erections
- Difficulty ejaculating/delayed ejaculation
- Reduced sexual desire
- Increased sexual aggression
- Infertility

Men may find that small amounts of alcohol increase sex desire and sociability. But positive quickly turns to negative as the amount of alcohol consumed increases. One of the differences researchers often point out is that most men consider an erection necessary for sex, and consuming high amounts of alcohol usually has a negative effect on erectile function.

Estimates for men having difficulty with ejaculation range from 5-25% in some studies. Some researchers estimate that as many as 54% of alcoholic men have difficulties getting and maintaining erections, and decreased sexual desire has been found in between 31-58% of men across several studies.

Alcohol | EMOTIONS

Alcohol intensifies emotions and affects our judgment. It can also make people aggressive.

As the quantity of alcohol increases, sex becomes difficult or impossible. On top of the increased difficulty in getting an erection, both men and women may find it difficult to experience an orgasm after alcohol use.

Blood Alcohol Level

- The drinker's blood alcohol level rises as a factor of the relationship among the amount of alcohol consumed, body size and proportion of body fat, the amount of food in the stomach, and what is mixed with the alcohol.
- The BAL (also known as BAC) rises more rapidly in those who drink on an empty stomach.
- Water and fruit juices slow the absorption process, while carbon dioxide speeds it up.
- The carbon dioxide in champagne and carbonated mixers such as Cola, and soda water rushes through the stomach and intestinal walls into the blood stream, carrying alcohol with it and creating a rapid rise in BAL.
- Elimination of alcohol from a healthy adult body occurs at an average rate of approximately 1/2 to 3/4 ounce per hour, the equivalent of 1 ounce of 100-proof whiskey, one large beer, or about 3 to 4 ounces of wine.
- When blood alcohol concentrations reach very high levels, the brain's control over the respiratory system may be paralyzed.

Blood Alcohol Content (AFTER ONE HOUR)

		BODY WEIGHT IN POUNDS							
		100	120	140	160	180	200	220	240
NUMBER OF DRINKS	1	.02	.02	.01	.01	.00	.00	.00	.00
	2	.06	.05	.04	.03	.03	.02	.02	.02
	3	.10	.08	.06	.05	.05	.04	.04	.03
	4	.13	.11	.09	.08	.07	.06	.05	.05
	5	.17	.14	.12	.10	.09	.08	.07	.06
	6	.21	.17	.14	.12	.11	.10	.09	.08
	7	.25	.20	.17	.15	.13	.12	.10	.09
	8	.28	.23	.20	.17	.15	.13	.12	.11
	9	.32	.27	.23	.19	.17	.15	.14	.12
	10	.36	.30	.25	.22	.19	.17	.15	.14