

# wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

## What does alcohol do to *your body*?

(Source: Bacchus Canada brochure "Every body is different")

The Encana Wellness Centre offers counselling for alcohol-related problems. While there are benefits to the heart in drinking one glass of red wine per day, all alcohol consumption should be done with moderation and full awareness of its many effects. If you do decide to drink, consider these points about the effects of alcohol:

**Brain:** Alcohol limits the supply of oxygen reaching the brain which weakens electrical signals. This reduces your ability to make decisions, lowers your inhibitions, and weakens your memory and concentration levels.

**Liver:** When alcohol is consumed, your liver breaks it down and eliminates it through urine, sweat and breath. Excessive alcohol consumption prevents your liver from working efficiently and can lead to long-term liver problems.

**Small Intestines:** Alcohol irritates the lining of your small intestine which then allows toxins to quickly pass into the bloodstream. Excessive alcohol consumption can impair your small intestine's ability to process nutrients and vitamins efficiently.

**Kidneys:** Your kidneys regulate the amount of fluids in our body. The hormone ADH tells your body when more water is needed in the bloodstream. Because alcohol inhibits the release of ADH, your body continues to expel water at its normal rate which leads to dehydration.

## upcomingEVENTS

### Wellness Fair

Oct. 5, 10 a.m.-1 p.m. Main Street

The Wellness Fair features displays to help students understand the services provided by the EnCana Wellness Centre, Recreation, and Positive Space.

### Nutrition Seminar

Oct. 16, 4:30 p.m. EA1024

Listen to registered dietician Rory Hornstein as she discusses Fast and Easy Meals. Registration is not required.

### Thinking before Drinking

Oct. 30, 10 a.m.-1 p.m. Main Street

This is an alcohol awareness event hosted by Residence and Health Education. Try out the beer goggle obstacle course, sample and vote on your favourite mocktail, and get educated on alcohol awareness.

## Did you know?

It is important to eat before drinking because food delays alcohol's absorption, keeping the blood alcohol concentration lower. Eating after drinking has no effect because by this point, absorption has already happened and alcohol is in the bloodstream.

(Source: Bacchus Canada brochure "Every body is different")

## What is BAC?

(Source: www.aadac.com)

BAC (Blood Alcohol Concentration) is the amount of alcohol circulating in the blood. The drinker's BAC depends on many factors, including: the amount consumed in a given time, the drinker's size, gender, and metabolism. A good rule of thumb to keep your BAC at a safe level is to limit yourself to one drink per hour because the liver can only break down a limited amount of alcohol at once.

BAC	Behavior	Impairment
.01 - .06	Relaxation Loss of Inhibition Lowered Alertness	Judgment Coordination Concentration
.06 - .10	Blunted Feelings Disinhibition Impaired Sexual Pleasure	Reflexes Impaired Reasoning Depth Perception
.11 - .20	Over-Expression Emotional Swings Boisterous	Reaction Time Staggering Slurred Speech
.21 - .29	Stupor Lose Understanding Impaired Sensations	Severe Motor Impairment Loss of Consciousness Memory Blackout
.30+	Severe Depression Unconsciousness Death	Bladder Function Breathing Heart Rate