



# Bladder Chatter

TRU student health & wellness newsletter

## Alcohol and Binge Drinking

**Binge Drinking (Overdrinking)** is defined as drinking five or more standard drinks in a row for men, and four or more for women.



### A Standard Drink:

- \*One beer: 355 ml or 12oz
- \*One glass of wine: 150 ml or 5 oz
- \* One cooler: 50 ml or 1.5 oz
- \* Port/Sherry: 85 ml or 3 oz

### Tolerance and Dependence

**Tolerance** (a need for more alcohol to get the desired effect) builds up when people drink more.

Drinkers can become **psychologically dependent** (they feel they need it), as well as **physically dependent** (the body needs it) on alcohol.

### Withdrawal Symptoms

- \*hangovers \*aches \*pains
- \*nausea and vomiting
- \*rapid pulse and breathing
- \*increased blood pressure
- \*seizures \*depression
- \*panic \*death

**Alcohol Is a Strong Depressant !**  
A drug that slows down brain functioning.

The more alcohol in the body, the more intoxicated a person is, and the longer it takes for the alcohol to leave the body.



This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Chelsea at 828-5010 or [ccorsi@tru.ca](mailto:ccorsi@tru.ca) for more info

Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness) for more info on alcohol and binge drinking!

References: [www.afm.mb.ca](http://www.afm.mb.ca)

## Alcohol and Binge Drinking...

# Dangers for Binge Drinkers

### Short-Term Effects

- \*drowsy, dizzy, flushed
- \*trouble walking
- \*vomit
- \*slurred speech and blurred vision
- \*lowered blood pressure
- \*decreased breathing and pulse
- \*aggressive or violent behavior
- \*death: it may happen after just one episode of binge drinking, resulting from severe dehydration and choking from vomiting !

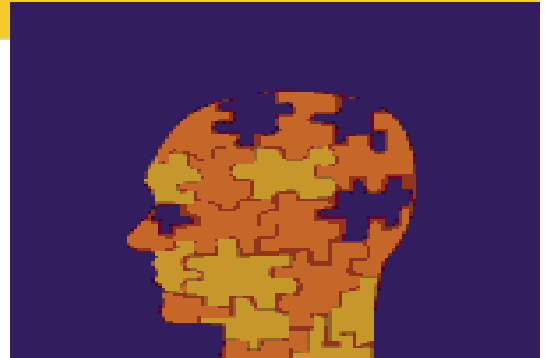


### Impaired Judgment

Binge drinking is more harmful to the brain than any other pattern of drinking.

A single drink can lower your judgment.

Binge drinkers are in risky situations, such as driving, injury, having unprotected sex resulting in sexually transmitted infections (STIs) or unplanned pregnancy.



### Long-Term Effects

- \*permanent brain damage
- \*liver damage
- \*heart and circulatory problems
- \*many types of cancer
- \*mood changes
- \*vitamin deficiencies
- \*stomach ulcer
- \*sexual problems, such as: decreased sperm production, impotency and infertility.



## what's your poison ?

BINGE DRINKING, FUN ISN'T IT ?

If you drink more than 4 or drinks in one sitting, then you are a fully qualified binge drinker. This means you're likely to suffer from memory loss, kidney damage, and dancing like a complete prat!



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References: [www.knowyourlimits.gov.uk](http://www.knowyourlimits.gov.uk)

## Alcohol and Binge Drinking...

### Know Your Limits

You may react differently to alcohol than your friends.

You may react differently one time than another.

Drinking will affect you more quickly

- if you have eaten little or no food.
- if you are tired.
- if you have been ill.
- if you are taking medicine (combining drugs can be very dangerous).
- the less you weigh (the less a person weighs, the longer it takes for the body to be clear of alcohol).



### Making Choices *Safer drinking means making choices*



**\*Decide how much you are going to drink** before you are in a drinking situation.

**\*Eat before drinking and while you drink** to slow the absorption of alcohol.

**\*Stay and talk with your friends about your choice.**  
**\*Avoid mixing alcohol with any drug.**

**\*Drink lots of water or non alcoholic beverage** before, during and after drinking alcohol.

**\*Plan for a safe ride home** including taxis, a sober friend or a designated driver service.

**\*Space your drinks over a longer period of time** enjoying activities in between drinking and avoiding drinking games chugging and doing shots.



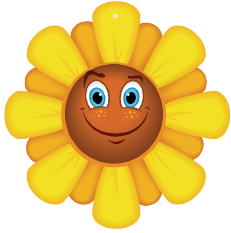
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References: [www.alcoholhelpcenter.net](http://www.alcoholhelpcenter.net)

Coming to a TRU campus near you...



June 16-22  
Watch for more details  
closer to the date.

## May Beach Party



### Sunscreen people!

Organized by TRU Orientation



Thursday, May 15  
11am-2pm  
Outside Student Street -  
Old Main

**FREE** BBQ, games, activities and prizes

E-mail Arlene at [aolynyk@tru.ca](mailto:aolynyk@tru.ca) for more info

At the Beach Party the Wellness Centre will have a sun-sense booth to provide you with the current info about sun safety and sunscreen.

**PLEASE START WEARING SUNSCREEN PEOPLE!!!**

