

Here Are the Straight Facts ... About Alcohol

Alcohol abuse is a pattern of problem drinking that results in health consequences, social problems, or both. However, alcohol dependence, or alcoholism, refers to a disease that is characterized by abnormal alcohol-seeking behavior that leads to impaired control over drinking.

Short-term effects of alcohol use include

- Distorted vision, hearing and coordination
- Impaired judgment
- Altered perceptions and emotions
- Bad breath; hangovers

Long-term effects of heavy alcohol use include

- Loss of appetite
- Stomach ailments
- Sexual impotence
- Heart and central nervous system damage
- Vitamin deficiencies
- Skin problems
- Liver damage
- Memory loss



How Do I Know if I or Someone Close Has a Drinking Problem?

Here are some quick clues:

- Inability to control drinking — it seems that regardless of what you decide beforehand, you frequently wind up drunk
- Using alcohol to escape problems
- A change in personality — turning from Dr. Jekyll to Mr. Hyde
- A high tolerance level — drinking just about everybody under the table
- Blackouts — sometimes not remembering what happened while drinking
- Problems at work or in school as a result of drinking
- Concern shown by family and friends about drinking

If you have a drinking problem, or if you suspect you have a drinking problem, there are many other people like you, and help is available. Talk to a University counselor, a friend or a parent.

Source: U.S. Department of Health and Human Services

CAMPUS SAFETY & SECURITY MISSION

In an effort to keep the campus community informed, the Office of Campus Safety & Security conducts programs at new student orientation and throughout the course of the academic year. Campus Safety & Security also conducts an on-going campaign of crime awareness on its Web site, the student newspaper, University e-mail announcements, and bulletins.

