

Alcohol Poisoning

Introduction

Alcohol poisoning is a serious issue that happens everyday all around the country. Alcohol poisoning happens if a person has consumed too much alcohol. There are many symptoms that a person will go through if they have alcohol poisoning, which include irregular breathing, vomiting, and confusion. The reason for choosing alcohol poisoning as my topic is there has been a lot of people that I have known and that some of my friend's have known that have suffered from alcohol poisoning. The consumption of alcohol that students drink has increased over college campuses and even with high school students. It is something that can kill you, if you are not aware and prepared about the facts of how dangerous consuming too much alcohol can be to your body.

Section 1: Background and Problem Statement

- **Web site #1:** “National Institute on Alcohol Abuse and Alcoholism”
(Score: 25)
- **Web address:** www.niaa.nih.gov/FAQs/General-English/default.htm
- **Information:**

This Web site contained questions that the National Institute on Alcohol Abuse and Alcoholism (NIAAA) answered that people are constantly asking about. The definition of alcoholism is, “a disease that has four symptoms which include craving, loss of control, physical dependence, and tolerance.” Alcoholism is a disease and like many other diseases, is extremely hard to control and overcome. There are many warning signs that can happen that will determine if somebody is suffering from alcoholism. In this Web site, the NIAAA indicates what the symptoms are and how you can be aware of them if somebody around you is suffering from alcoholism.

- **Web site #2: The Bacchus Network** (Score: 27)
- **Web address:** www.bacchusgamma.org/alcohol-poisoning.asp
- **Information:**

This Web site contained a lot of excellent information that was about the amount of alcohol that is consumed on college campuses. This Web site stated, “There is such a large amount of students that are consuming too much alcohol, which is resulting in alcohol poisoning.” Since many college students are consuming so much alcohol in such a short period of time, it is resulting in college students becoming extremely sick and some of the students die as a direct result of alcohol poisoning. There is one of two things that can happen to a person if they die from alcohol poisoning. One of the things that can happen is, “the person could stop breathing and lead to heart failure.” The second thing that can happen is, “the person could choke on their vomit as a result of their body not being able to handle all of the alcohol that the he/she had drank.”

- **Web site #3:** “College Drinking-Changing the Culture” (Score: 23)

- **Web address:** www.collegedrinkingprevention.gov/otherAlcohol
- **Information:**

This was a good Web site that gave basic facts about alcohol poisoning. This Web site was made to address college students. The Web site starts off by explaining the dangers of alcohol poisoning. It also mentions how others may think that it is funny when another person is acting drunk or could even seem like a comedy show is being put on, however it will not be funny if the person starts vomiting or having the respiratory part of the brain be poisoned which would then lead to death. Some of the key facts that this Web site talks about are, “the critical signs of alcohol poisoning, what should a person do if somebody has alcohol poisoning, and what can happen to a person if he/she has alcohol poisoning and it goes on not treated.” This Web site was short, but it gave a lot of good facts about alcohol poisoning, especially to a college student.

- **Web site #4:** “Brown University: Health Education” (Score: 27)
- **Web address:** www.brown.edu/Student_Services?Health_Education/atod/alc.htm
- **Information:**

This Web site gave information about what alcohol is, what the meaning of tolerance is, how much a person can consume, and what kind of damages can happen within a person’s body if they consume too much alcohol. Tolerance is basically just the amount of alcohol that a person has to consume to feel the effect of feeling drunk. The more a person drinks, the higher the tolerance a person is going to have when drinking. This could lead up to alcohol poisoning. The more you drink, the more you have to consume to feel the effect. If too much alcohol is consumed it could result in having alcohol poisoning. According to this article, “It is estimated that about 300,000 of today’s college students will die of alcohol-related causes including; cirrhosis of the liver, heart disease, or from a drunk driving accident.” This Web site gave a lot of background information about what leads up to alcohol poisoning.

Section 2: Research

- **Web site #1:** “Alcohol Poisoning” (Score: 25)
- **Web address:** www.nhtsa.dot.gov/PEOPLE/outreach/safesobr/15qp/web/idalc.html
- **Summary of the research:**

This Web site talked about many deaths that were due to alcohol poisoning. It feels that by sharing this information with the people, it can then help save future lives. This Web site also talks about the federal law that was passed in 1984, stating, “it doesn’t allow people to drink or purchase alcohol until they are the age of twenty-one.” This law was passed in efforts to minimize the use of underage drinking. The Web site states, “The deaths that were due to alcohol poisoning were largely ignored by the media until the 1990’s.” This Web site also stated that there was another law that passed in 1994, which indicated, “that all colleges had to report all of the students that had died.” One story that this Web site mentioned was about a girl who was only sixteen years old and she died after she drank a whole bottle of Schnapps. The worst thing about it was that she only drank the whole bottle because her friend had dared her too. This Web site gave a lot of really good information and was very personable. It was personable because it talked about real life stories that happened to these victims of alcohol poisoning and it truly was heartbreaking when reading about these stories.

- **Web site #2:** “NIAAA: Research Findings on Underage Drinking and the Minimum Legal Drinking Age” (Score: 29)

- **Web address:** www.niaaa.nih.gov/AboutNIAAA/NIAAASponsoredPrograms/drinkingage.htm

- **Summary of the research:**

This Web site talks about how the Federal Agencies like The National Institute on Alcohol Abuse and Alcoholism (NIAAA), are trying to do the best research on how to talk about underage drinking. Underage drinking is becoming a major threat to everybody all around the United States. There was even talk that the legal drinking age could be lowered and could help people be more responsible when drinking. The research indicates that since the law passed for the drinking age to be twenty-one, there has been some positive effects. This Web site also talks about how drinking too much can result in having unpleasant behaviors. Some examples of these behaviors are, “physical and sexual assaults, various types of injuries, homicide and suicide, and death from alcohol poisoning.” This Web site gave a lot of good information.

- **Web site #3:** “National Institute on Alcohol Abuse and Alcoholism” (Score: 25)

- **Web address:** www.niaaa.nih.gov/FAQs/General-Englios/default.htm

- **Summary of the research:**

This Web site had good information for all angles about alcohol poisoning. In this Web site, there were answers from the NIAAA about frequent questions that were being asked. Some questions that were asked pertaining to research on alcohol poisoning were, “is there a safe level of drinking at all?” According to NIAAA, “it is okay to consume a moderate amount for adults, however, if a woman is pregnant or if somebody is planning on driving somewhere, then it is not okay to consume alcohol.” Alcohol does have a different effect based on what age you are. As a person gets older it puts them at risk of having a lower tolerance. This article also gives information about a number to call if there are any questions or concerns about alcohol abuse.

Section 3: Statistics

- **Web site #1:** “Statistical Snapshot of College Drinking” (Score: 25)

- **Web address:** www.niaaa.gov/AboutNIAAA/NIAAASponsoredPrograms/StasticalSnapshotCollegeDrinking

- **Summary of the statistics:**

This Web site gave specific statistics on information that were provided by the NIAAA. “There are about 4 in 5 students that attend college that drink alcohol and 60% of these students are only between the ages 18-20.” “More than 40% of college students stated that they were binge drinking at least once in only a 2-week period.” For college students that are between the ages of 18 and 24, “there is estimated about 1,700 deaths that are as a result due to alcohol-related injuries and there are 599,000 students that get injured unintentionally due to the influence of alcohol.” This Web site also states, “that about 25% of college students

have fallen behind due to their drinking.” This Web site was excellent and gave a lot of important facts of college students and their drinking.

- **Web site #2:** “National Health Museum” (Score: 21)
- **Web address:** www.accessxcellnce.org/HHQ/qow/qow04/qow040920.php

- **Summary of the statistics:**

This Web site gave information about alcohol poisoning from a different approach. This Web site was actually written by a woman named Cindy who is a health communicator with The National Health Museum. Cindy states, “that up until recently all deaths that were alcohol related were kept silent.” This left the family members to stay quiet about what had happened and not being able to share this information. This resulted in people who weren’t talked to about the dangers of alcohol, not being prepared for when they had to face with making a decision whether to try some alcohol or not to. The president of Colorado State wrote to Cindy with some statistics. “About 1,400 college students that are between the ages of 18 to 24 engage in drinking alcohol and about 500,000 college students also between the ages of 18 to 23 are unintentionally injured due to alcohol.” According to a federal survey, “there were 2.6 million teenagers that didn’t know that a person could die from drinking too much.” This Web site gave a lot of good statistics.

- **Web site #3:** “Brown University: Health Education” (Score: 27)

- **Web address:** http://www.brown.edu/Student_Services/Health_Education/atod/alc_rar.htm

- **Summary of the statistics:**

In this Web site, a survey was taken to determine why college students at Brown University drank. “90% of their responses were because they just like to have a good time and celebrate.” This Web site also talks about some of the short-term effects that alcohol has on a person. One of the major short-term effects that alcohol has on a person is the affect that alcohol has on the person’s judgment, where some of the judgments that are being made could seriously have a big impact on the person’s life. For instance, “90% of college rapes are due to the intake of alcohol.” This Web site was easy to read and it was based on questions that were answered among the students at Brown University.

- **Web site #4:** “National Institute on Alcohol Abuse and Alcoholism” (Score: 25)

- **Web address:** <http://www.niaaa.nih.gov/FAQs/General-English/default.htm>

- **Summary of the statistics:**

This Web site gave information about all aspects of alcohol and how it could turn into a person suffering from alcohol poisoning, if the person exceeded the amount of alcohol that their body could handle. This Web site was written from the federal agency NIAAA and the information was easy to read and understand. This Web site stated “ 17.6 million people, about 1 in 12 adults abuse alcohol.” This Web site also stated, “that the most frequent alcohol problems are coming from the age group 18-29.”

Section 4: Consumer Information

- **Web site #1:** “Loyola Marymount University/ Heads Up!” (Score: 27)
- **Web address:** <http://www.lmu.edu/Page25064.aspx>
- **Summary of the information:**

This Web site was easy to read and gave a lot of information about how to spot a person if they have alcohol poisoning. This Web site was an eye catcher, because the list of signs was written as a list in bullets, instead of within a paragraph. This Web site was also well organized. The beginning of the Web site included what alcohol poisoning was and then it gave signs to look out for. Some of the signs for alcohol poisoning are, “Seizures, vomiting, and confusion.” It also stated what to do if the person does have alcohol poisoning. The very first thing that a person would have to check is to make sure that the person is still breathing.

- **Web site #2:** “Connecticut Clearinghouse/ Mechanisms of Alcohol Poisoning” (Score: 27)
- **Web address:** http://ctclearinghouse.org/topics/customer_files/alcohol-poisoning.pdf
- **Summary of the information:**

This Web site was a little bit harder to read. It did give a lot of information, but it was also very long. This Web site talked about the signs that a person has if they have alcohol poisoning. A checklist was also given for what the paramedics need to do once they get to the person that is suffering from alcohol poisoning. This Web site did stand out because on the site there was a few pictures of young people and below the pictures the captioned indicated that these were pictures of people that had died due to alcohol poisoning.

- **Web site #3:** “The Bacchus Network: The Signs and Symptoms of Alcohol Poisoning” (Score: 27)
- **Web address:** <http://bacchusgamma.org/poisoning-signs-symptoms.asp>
- **Summary of the information:**

This Web site seemed to be the best Web site. The best information to give to people are signs that a person is having alcohol poisoning and what you should do if somebody around you is having alcohol poisoning. That is exactly what this Web site did. This Web site also provided a picture of an ambulance to catch a person’s eye. This Web site gave step-by-step instructions on what to do immediately if a person has alcohol poisoning.

- **Web site #4:** “The Bacchus Network” (Score: 27)
- **Web address:** <http://bacchusgamma.org/alcohol-poisoning.asp>
- **Summary of the information:**

This Web site focused on college students. The Web site indicates that alcohol poisoning is affecting college students the most. This Web site gave definitions of what alcohol poisoning is and described the two things that could have happened to a person if they had died from alcohol poisoning. The Web site immediately brought up that alcohol poisoning affects college students everywhere and this shows to the people that are reading the Web site that it is a serious issue that could result in death.

Conclusions

- **Section 1: Background and Statement**

- **The best Web site** “National Institute on Alcohol Abuse and Alcoholism”

The reason for choosing this Web site as the best one for background information is because the National Institute on Alcohol Abuse and Alcoholism is a federal agency that is working on ways to tell the public about the dangers of alcohol. This Web site gave a lot of information that you know as a reader is factual information since this is a federal agency that is posting this information.

- **The worst Web site** “College Drinking-Changing the Culture”

This Web site did give some good information, but it had the lowest score. This Web site was only addressed to college students behavior, which is good, however there are also people in high school and people that don't attend college who suffer from alcohol poisoning.

- **Section 2: Research**

- **New information I learned include:**

Some new information that I have learned from the Research on alcohol poisoning is that I was unaware that the deaths from alcohol were not reported to the media until a law was passed that forced colleges to report the amount of deaths that had happened each year due to alcohol. I also learned that there is a federal agency known as the NIAAA, working on telling everyone about the dangers of alcohol and how to prevent a person from suffering from alcohol poisoning.

- **Section 3: Statistics**

- **New statistics I learned include:**

Some new statistics that I have learned was the amount of college students drink and the amount of college students admit to binge drinking. I also learned that the more a person drinks, the more their judgment is impaired, and this leads to a person doing risky behavior that could seriously injure them badly. Some injuries include rape, sexual activity, and car accidents.

- **Section 4: Consumer Information**

- **The best Web site** “The Bacchs Network: The Signs and Symptoms of Alcohol Poisoning”

This was the best article for consumer information because it gave step-by-step instruction on what to do if a person is suffering from alcohol poisoning. This article also gave a list of signs that you should be aware of to look out for if a person is suffering from alcohol poisoning. This article was also easy to read and gave everything in a list format with bullets to catch the reader's eye.

- **The worst Web site** “Connecticut Clearinghouse/ Mechanisms of Alcohol Poisoning”

This article did give a lot of good information, but there was just too much information to take in, which made this article overwhelming to read about.

Overall, with all the Web sites that I had looked up in regards to information about alcohol poisoning; all the Web sites gave very good information. I learned a lot about

alcohol poisoning and I want to make everyone I know aware about just how serious alcohol poisoning really is. When I lived in the dorms I never understood why so many people would get taken away in the ambulance to get detoxed. Now I understand, because if there are signs that a person has alcohol poisoning and nothing is done about it, than that person could die as a direct result. The worst thing is that a lot of the cases of alcohol poisoning are happening to college students who are just having a good time and they consumed way too much alcohol that their body simply cannot handle.

Back to Betty C. Jung's Web site	http://www.bettyjung.net/
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Alcohol Poisoning (Presentation Outline)

- Alcohol Poisoning means, “it depresses the nerves that control involuntary actions like breathing” (College drinking-Changing the Culture, 2), due to consuming too much alcohol in your body.
- The best Web site that I found for background information was by “National Institute on Alcohol Abuse and Alcoholism,” www.niaa.nih.gov/FAQs/General-English/default.htm. The reason for me choosing this Web site is because the National Institute on Alcohol Abuse and Alcoholism is a federal agency that is working on how to present the dangers of alcohol to the public.
- The best Web site that I found for research was called “Alcohol Poisoning,” www.nhtsa.dot.gov/PEOPLE?Outreach/safesobr/15qp/web/idac.html. The reason for choosing this Web site is because how the federal law was passed in 1984 that stated the legal drinking age is 21. It also talked about how deaths that were due to alcohol poisoning were ignored by the media until another law was passed in 1994, stating that colleges had to report all deaths of students. There was a story in this Web site about how a 16 year old girl died due to alcohol poisoning because her friend had dared her to drink a whole bottle of Schnapps.
- The best Web site that I found for Statistics was called, “Stastical Snapshot of College Drinking,” www.niaaa.gov/AboutNIAAA/NIAAASponsoredPrograms/StasticalSnapshotCollegeDrinking. Some of the information that was provided by this Web site was “There are about 4 in 5 students that attend college that drink alcohol and 60% of these students are only between the ages 18-20.” “More than 40% of college students stated that they were binge drinking at least once in only a 2-week period.” For college students that are between the ages of 18 and 24, “there is estimated about 1,700 deaths that are as a result due to alcohol- related injuries and there are 599,000 students that get injured unintentionally due to the influence of alcohol.”
- The best Web site that I found for consumer information was by The “Bacchus Network”; the Web site is <http://bacchusgamma.org/alcohol-poisoning.asp>. In this Web site it talked about the signs and symptoms of alcohol poisoning which are, “ The person is known to haven consumed too much alcohol, he/she is pale, cold, and clammy, the person is breathing really slow or irregular, or the person has vomited while being passed out and didn’t wake up.” This Web site also gave information on what actions should be done to a person that has alcohol poisoning, which includes, “Try to wake the person up, check the person’s breathing, turn the person on his/her side so the person doesn’t choke, don’t leave the person alone, and call 911 if there are any signs that alcohol poisoning exists.”