

Alcohol				
<p><i>Ethyl alcohol, or ethanol, is an intoxicating ingredient found in beer, wine, and liquor. Alcohol is produced by the fermentation of yeast, sugars, and starches.ⁱ</i></p>				
Common Commercial Names	Street Names	Common Forms	Common Ways Taken	DEA Schedule / Legal Status
Various	Booze, Juice, Sauce, Brew	Beer, Wine, Liquor/ Spirits/Malt Beverages	Ingested by drinking	Not scheduled / Illegal for purchase or use by those under age 21 ⁱⁱ
Uses & Possible Health Effects ⁱⁱⁱ				
Short-term Symptoms of Use	Injuries and risky behavior, memory and concentration problems, coma, breathing problems, slurred speech, confusion, impaired judgment and motor skills, drowsiness, nausea and vomiting, emotional volatility, loss of coordination, visual distortions, impaired memory, changes in mood and behavior, and depression. Impaired judgment can result in inappropriate sexual behavior, sexually transmitted infections, and reduced inhibitions.			
Long-term Consequences of Use and Health Effects	Some studies have found benefits associated with moderate alcohol consumption, ^{iv,v} while other studies do not support a role for moderate alcohol consumption in providing health benefits. ^{vi,vii} Studies have shown alcohol misuse use can lead to: an inability to control drinking; a high tolerance level; changes in mood and behavior; difficulty thinking clearly; impaired coordination; cardiovascular problems including heart muscle injury, irregular heartbeat, stroke, and high blood pressure; liver problems including steatosis (fatty liver), alcoholic hepatitis, fibrosis, and cirrhosis; pancreatitis; increased risk of various cancers (including of the mouth, esophagus, larynx, pharynx, liver, colon, and rectum); weakened immune system; depression; interference with personal relationships; coma, and death due to alcohol overdose. For breast cancer, even moderate drinking may increase the risk.			
Other Health-related Issues	Pregnancy-related: sudden infant death syndrome (SIDS), fetal alcohol spectrum disorders (FASD).			
In Combination with Alcohol	N/A			
Withdrawal Symptoms	Alcohol withdrawal symptoms usually occur within 8 hours after the last drink, but can occur days later. Symptoms usually peak by 24 to 72 hours, but may go on for weeks. Common symptoms include: anxiety or nervousness, depression, fatigue, irritability, jumppiness or shakiness, mood swings, nightmares, and not thinking clearly. Other symptoms may include: clammy skin, enlarged (dilated) pupils, headache, insomnia, loss of appetite, nausea and vomiting, pallor, rapid heart rate, sweating, and tremor of the hands or other body parts. A severe form of alcohol withdrawal called delirium tremens can cause: agitation, fever, hallucinations, seizures, and severe confusion.			

- i. Source: NIDA, (2016).
- ii. Most states prohibit possession and consumption of alcoholic beverages by those under age 21, though some make exceptions for possession or consumption in the presence, or with the consent, of family or on private property.
- iii. Sources: NIDA, (2016) & NIAAA, (n.d.). The uses and possible health effects that are listed are illustrative examples and not exhaustive.
- iv. Source: Gepner, et al. (2015).¹²
- v. Source: Howard, et al. (2004).¹³
- vi. Source: Stockwell, et al. (2016).¹⁴
- vii. Source: Fillmore, et al. (2006).¹⁵

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Treatment Options ^{viii}	
Medications	<p>The U.S. Food and Drug Administration (FDA) has approved three medications for treating alcohol dependence, and others are being tested to determine if they are effective.</p> <ul style="list-style-type: none"> • Naltrexone can help people reduce heavy drinking. • Acamprosate makes it easier to maintain abstinence. • Disulfiram blocks the breakdown (metabolism) of alcohol by the body, causing unpleasant symptoms such as nausea and flushing of the skin. Those unpleasant effects can help some people avoid drinking while taking disulfiram.
Behavioral Therapies	<p>Also known as alcohol counseling, behavioral treatments involve working with a health professional to identify and help change the behaviors that lead to heavy drinking. Behavioral treatments share certain features, which can include:</p> <ul style="list-style-type: none"> • Developing the skills needed to stop or reduce drinking • Helping to build a strong social support system • Working to set reachable goals • Coping with or avoiding the triggers that might cause relapse
Statistics as of 2015 ^{ix}	
Prevalence	<p><i>Lifetime:</i> 217 million persons (81.0%) aged 12 or older have used alcohol in their lifetime.</p> <p><i>Past Year:</i> 176 million persons (65.7%) aged 12 or older have used alcohol in the past year.</p>
Average Age of Initiation^x	17.6

viii. Source: NIDA, (2016).

ix. Source: CBHSQ, (2016).

x. Average age of initiation (for all substances) is based on respondents aged 12 to 49 years old.