Over the counter drugs are medicines without a doctor’s prescription.

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: are used to relieve pain.

*Aspirin, acetaminophen (Tylenol) and ibuprofen (Motrin)*

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: are drugs that slow down the body functioning and make you sleepy.

*Mild sleeping pills*

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: are the opposite of sedatives; they make you more alert. Most common drug is caffeine.

*Headache remedies, cold remedies, and appetite suppressants*

**OTC DRUGS GUIDELINES**

* Don’t mix medications without checking with a physician or pharmacist.
* Don’t take someone else's prescription.
* Don’t use OTC drugs for a long time, maybe delaying a serious **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
* Don’t ever conclude that if a little bit of a drug makes you feel good, that more will make you feel better.
* Check with pharmacists about side effects, dosage, length of time, food, etc…

**ALCOHOL PROCESS**

* Alcohol irritates the throat and esophagus on its way into the body.
* About **\_\_\_\_\_\_\_\_**of the alcohol drunk is absorbed into the bloodstream through the stomach wall.
* Once in the bloodstream, alcohol travels throughout the body, including the heart and brain. You can feel the effects within minutes.
* The alcohol remains in the bloodstream until it can be**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** by the liver.
* The liver breaks it down into carbon dioxide and water. The more you drink, the harder the liver will have to work to rid the body of alcohol.
* ***Studies show that even small doses of alcohol leaves fat deposits on the liver.***

**SHORT TERM EFFECTS**

* Feel **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* Face feels flushed/warm because the alcohol has dilated, or widened, the blood vessels near the skin.
* Have to urinate frequently, as the body tries to get rid of the alcohol.
* Coordination and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** begin to suffer

**LONG TERM EFFECTS**

* Prolonged, heavy use of alcohol can lead to addiction (**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**).
* Sudden cessation of long term, extensive alcohol intake is likely to produce withdrawal symptoms, including:
  + Severe **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, tremors, **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and convulsions.
* Long-term effects of consuming large quantities of alcohol, especially when combined with poor nutrition, can lead to permanent damage to vital organs such as the brain and liver.

**DISEASES**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** can result from damage to the liver.
  + It is an inflammation or infection of the liver that can cause fever, yellowing of the skin, and sometimes death.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**is another disease of the liver brought on by alcohol abuse.
  + Liver cells are permanently replaced with useless scar tissue. Liver can no longer metabolize food properly.

**CAUSES OF ADDICTION**

* Probably a combination of environment, psychological and physical factors.
* Most people who have this disease go through 3 phases:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AND \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**BLOOD ALCOHOL LEVEL**

* One drink is enough to interfere with a person’s judgment and reflexes.
* The percentage in a person’s bloodstream is called **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Level**. A person’s BAL can be influenced by gender, body weight, the amount of food in the stomach, and the rate of drinking.
* One drink can raise your BAL to **\_\_\_\_\_\_\_\_\_\_\_\_\_**or greater.
* According to the Oregon law drivers **under 21 are considered legally intoxicated if the test indicates you have any alcohol in your system** and adults at .08.

Oregon Law

**Take a breath test and fail it** –

DMV will suspend your driving privileges for **\_\_\_\_\_\_\_\_** days. If you have any prior alcohol-related entries on your driving record within five years, DMV will suspend your driving privileges for one year.

**Refuse to take a breath test** –

DMV will suspend your driving privileges for \_\_\_\_\_\_\_\_ year. If you have any prior alcohol-related entries on your driving record within five years, DMV will suspend your driving privileges for three years.

**Suicide**

* Alcohol use interacts with conditions like depression and stress, and contributes to an estimated \_\_\_\_\_\_ teen suicides a year.

**Sexual Behavior**

* Current teen drinkers are more than\_\_\_\_\_\_\_\_\_\_\_\_ as likely to have had sexual intercourse within the past three months than teens who don't drink.