



"I do not agree with what you have to say, but I'll defend to the death your right to say it." - Voltaire

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Whats Your Alcohol Quotient? Answers

1. True. Alcohol has been used for centuries as a medicine in childbirth, sedation, and surgery.
2. False. Alcohol is unique because it requires no digestion. It can be absorbed directly from the stomach, and even more rapidly from the small intestine.
3. True. Some studies show that moderate drinkers (those drinking no more than one to two drinks a day) tend to be at less risk for heart attacks than abstainers or heavy drinkers. However, it's not recommended that you start drinking for health benefits.
4. False. Of the adult Americans who drink, approximately 15% abuse alcohol. The majority of people who drink do so in a responsible manner which does not lead to alcohol-related problems.
5. False. Alcohol does contain calories: Alcohol contains 7 calories per gram, carbohydrates contain 4 calories per gram, and fat contains 9 calories per gram.
6. True. The blood alcohol concentration limit is 0.08% in some states. In Sweden, it is 0.05%. Driving ability can be significantly impaired well below 0.10%BAC. For most people, a blood alcohol concentration of 0.05% doubles their risk of having a car crash. A chart of BAC limits by US state is provided by the National Commission against Drunk Driving.
7. False. Alcohol is a drug. It has been used by most societies and cultures throughout history. It is our most widely used and most abused recreational drug.
8. False. Approximately half of fatal highway accidents are alcohol-related.
9. True. Eating before and while drinking slows down the passage of alcohol from the stomach to the small intestine. Because 80% of the alcohol is absorbed into the bloodstream from the small intestine, having food in the stomach that absorbs some of the alcohol will help slow absorption of alcohol into the bloodstream.
10. True. Alcohol is metabolized by the liver at the rate of approximately one drink per hour. One drink is defined as 12 ounces of beer, 4 ounces of wine, or 1.5 ounces of 80 proof liquor.
11. False. Although the estimates of women alcoholics vary from one quarter to one half of all alcoholics, it is clear that the number of female alcoholics is sizable and has been increasing. In the past, female alcoholics and problem drinkers may have been more reluctant to seek treatment than men who experience drinking problems, but fortunately that situation is beginning to change.
12. False. Alcohol is a depressant drug; this means it slows down (or depresses) the Central Nervous System. Some people mistakenly think it is a stimulant because initially it reduces inhibitions, encouraging some people to do things they might not do otherwise.
13. False. Beer is the most commonly drunk alcoholic beverage in the US.
14. True. To prevent a hangover, one should sip one's drink slowly, eat while drinking, have no more than one drink an hour, and not over-drink one's limit.
15. False. "Proof" on a bottle of liquor represents half the percent of alcohol contained in the bottle. Proof equals twice the percent of alcohol. For example, 90 proof whiskey is 45% alcohol.
16. False. "It provokes the desire, but it takes away the performance" - from Shakespeare's Macbeth. Alcohol may increase aggressive behavior, including sexually aggressive behavior, because it reduces inhibitions. However, in large amounts it can interfere with performance. With chronic heavy drinking and with alcoholism, there is often a degeneration and dysfunction of the sex organs, with associated sexual problems (not to mention the emotional aspects of sexuality that can be affected by heavy drinking).
17. False. People can abuse any type of alcoholic beverage including beer. There are alcoholics who drink nothing harder than "light" beer. Beer has the same type of alcohol that wine and distilled spirits have (ethyl alcohol).
18. False. It helps slow down the absorption of alcohol by diluting it, not by coating the stomach. Any liquid will dilute alcohol, and food helps absorb alcohol so that it passes more slowly from the stomach to the small intestine. Most of the alcohol is absorbed into the bloodstream from the small intestine rather than from the stomach.
19. True. Responsible drinking means stopping before you are drunk. It means not driving a vehicle if you have had any alcohol. The US Department of Health and Human Services guidelines for moderate drinking is no more than one drink a day for women and people over 60 and no more than two drinks a day for men under 60. Recovering alcoholics should not drink at all, because they cannot control the amount of drinking they do.
20. False. The healthy liver oxidates or metabolizes alcohol at the rate of about one drink per hour. Therefore, only time will sober up a drunk person. Coffee, cold-showers, fresh air, and exercise do not reduce blood alcohol levels.

If you have any questions or would like to schedule an appointment, please contact the Counseling Center staff at either campus extension 5040 or 5036.

Check Out Gardacil

Sarah Bartholomew

Each year, the administration of cervical cancer kills females, but there are ongoing studies on the effect in males. Human papillomavirus, or HPV is the most common sexually transmitted disease and it is responsible for most cases of cervical cancer. There are more than 100 types of HPV, some with no risks of cancer, but approximately 15 high risk types may increase the risk of triggering cervical cancer. In June of 2006 the FDA approved the first known vaccine to prevent cervical cancer. Gardacil is a vaccine that is given in three doses over a six month period. The second dose should be given 2 months after the first does and the third dose should be given 6 months after the first dose. It is recommended that the new vaccine should be routinely given to girls when they are 11-12 years old since it is important that the vaccine be given before girls begin sexual activity. The FDA indicates that the vaccine can start as early as 9 years old and up to the age of 26. The vaccine causes the body to produce a strong immune response by creating antibodies. When these antibodies are exposed to certain types of HPV they recognize and attack the virus preventing infection. Right now Gardacil is only approved for

the administration of females, but there are ongoing studies on the effect in males. Gardacil does not provide protection from all types of HPV so it is still important to receive routine pap screenings from your doctor to detect any abnormal changes in the cervix before there is a chance of cancer development. Gardacil could be the biggest advance in detection of cervical cancer since the introduction of the Pap test. Several different states are debating on whether or not to make this vaccine a requirement for school girls. Some conservatives and parents'-rights groups worry that such a requirement may encourage premarital sex and this would interfere with how they are raising their children. Others argue that this vaccine is like any other, and if this disease exists and there is a vaccine available then it makes good sense to get it. Gardacil is a safe and effective way to help the prevention of cervical cancer and should not be overlooked. Take the time to talk to your doctor and do research to see if this vaccine is something that you may benefit from.

Beware of Energy Drinks

Melody Kirkpatrick

Read this article before you take another sip because these drinks contain more than just energy

According to CBS's Medical Expert, Dr. Lew Pincus, energy drinks like Red Bull, 180, and Adrenaline Rush can be misleading to the public. They do contain vitamins, amino acids,

sometimes minerals, but they are really loaded with huge amounts of sugar. They probably have more caffeine than a cup of coffee. That could be why the amounts of caffeine are not listed on their labels. The FDA (Food and Drug Administration) has not regulated the portion of caffeine that energy drinks can contain. In most of these drinks, the levels of caffeine are higher than the recommended amount suggested for sodas! Liz Applegate is a graduate from the University of California. She is currently working as a sports nutritionist and she suggests that "energy drinks are simply caffeine in a can with a lot of sugar." She expanded

the issue more to explain that they should not be used to hydrate the body during aerobic activity because the caffeine and high amounts of sugar concentration slows the body's ability to absorb water. If you are an athlete or involved in aerobic activities, just be careful of the amounts and types of fluids you drink.

Dr. Pincus further adds "People who use energy drinks with alcoholic beverages should be aware of possible health risks. With the overloaded amounts of caffeine, you can begin to suffer from insomnia, anxiety, stomach problems, and heart trouble. Personally, I think these drinks should not be consumed too regularly.