

Off the Wall  
SUCCESS!



**Brain Food. Eat it up!**



*Build communities of outstanding citizens and scholars  
through challenge, support and example.*

**UNI Residence Education Mission**

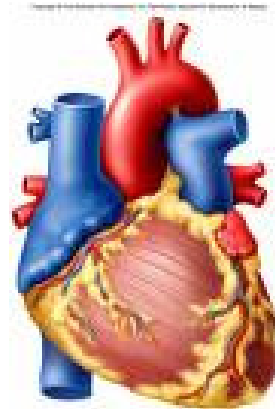
***Magic  
Potion?***



**Persons with existing heart problems should avoid energy drinks due to dangerously increased heart rate and blood pressure levels.**

**Caffeine masks the intoxicating effects of alcohol, which may lead to increased and lethal risk-taking.**

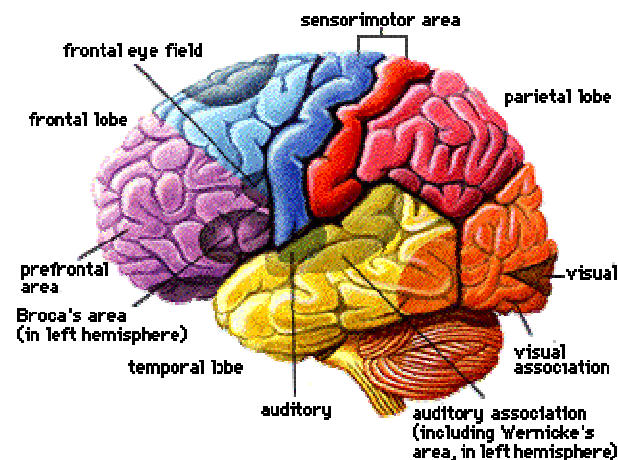
**A worrying study at the Cardiovascular Research Center in Adelaide, Australia, showed that a single can of sugar-free Red Bull could have a damaging effect on the heart within 60 MINUTES. They discovered a “potentially deadly” thickening of the blood similar to that found in patients with heart disease.**



**High levels of caffeine in energy drinks can boost heart rate and blood pressure, causing palpitations and heart rhythm abnormalities**

***Ephedrine* is a stimulant that works on the central nervous system. It is a common ingredient in weight-loss products, decongestants and energy drinks, but there are concerns about its effects on the heart.**

**Energy drinks contain stimulants like ginseng and taurine, while alcohol is a depressant. By mixing the two, mixed messages are sent to the nervous system which can result in cardiac related problems.**



**Mixing can cause dangerous levels of dehydration because both alcohol and caffeine are diuretics.**



**France, Uruguay, Denmark and Norway have banned energy drinks from their market.**

**Fatigue is the body's way of saying it's had enough to drink. Mixers are unable to detect their body's warning signs.**

## **PREVENTION:**

**Alternate non-alcoholic and alcoholic beverages because it will keep you hydrated and decrease the negative effects of alcohol.**

**To prevent tooth erosion, brush teeth at least two times each day, especially after eating and consuming sugar-filled beverages.**



## **Blood Alcohol Concentration:**

**the percentage of blood volume that contains alcohol.**

**~Research suggests keeping your B.A.C. at .05 or below.**

### **Effects of B.A.C:**

- .02-.04% breath odor, relaxed, euphoric, mildly buzzed**
- .05-.07% impaired judgment, emotional, lightheaded**
- .08-.15% legally intoxicated, nauseous, drunk**
- .16-.25% confusion, staggering, blackouts, very drunk**
- .26% or more dysphoric mood, muscle paralysis, passed out, risk of death**

**One Standard Drink = 12 oz. beer, 10 oz. microbrew, 8 oz. ice beer or malt liquor, 4 oz. wine, 10 oz. wine cooler, 1.25 oz. 80-proof liquor**

**~The body takes about one hour to metabolize one standard drink.**

## **For More Information**

**National Institute of Health: <http://www.niaaa.nih.gov/>**

**Marin Institute: <http://www.marininstitute.org>**

**National Clearinghouse for Alcohol and Drug Information:  
<http://ncadi.samhsa.gov/>**

**UNI Substance Abuse Services: <http://www.uni.edu/subabuse>**

# Magic Potion?

Alcohol (depressant) + Caffeine (stimulant) = MISPERCEPTION of Intoxication

Students who consume mixed beverages are about twice as likely to be hurt or injured when drinking

40% of drinkers who mix travel with a driver under the influence of alcohol, compared to about 23% of non-mixers

## Negative effects of mixing energy drinks with alcohol are:

increased anxiety	tooth erosion
panic attacks	increased hangover effect
increased blood pressure	insomnia
increased gastric acid	expensive drinking habits
bowel irritability	
feelings of normalcy when body is extremely intoxicated	
in some cases, irreversible damage to body resulting in death	

## HOW will you drink?