

BINGE DRINKING: TOO MANY TOO SOON!

*Last Friday night, Yeah we danced on table tops,
And we took too many shots, Think we kissed but I forgot
Last Friday night, Yeah we maxed our credit cards
And got kicked out of the bar, So we hit the boulevard...*

*This Friday night, Do it all again
This Friday night, Do it all again...Katy Perry*

WHAT TO KNOW!

- ❖ Binge drinking is defined as the excessive drinking of alcohol over a short period of time with the primary intention of getting drunk
- ❖ In the U.S., binge drinking is defined by the “5/4 definition”: 5 or more standard drinks for men, 4 drinks for women during one occasion at least once in a 2 week period or having a blood alcohol concentration at or greater than 0.08 grams
- ❖ One in 6 U.S. adults binge drink about 4 times a month with about 8 drinks per binge
- ❖ While binge drinking is common among young adults, those 65 or older report an average of 5-6 times a month and men reportedly binge drink twice as much as women
- ❖ While common in college, 70% of binge drinking occurs in adults 26 years or older
- ❖ People often binge drink because they’re stressed, bored, have friends who binge drink, or have mental associations between alcohol and certain activities such as concerts
- ❖ Signs a person is a binge drinker include: becoming a risk taker, being a “weekend warrior”, not being able to say no to a drink, having black outs, becoming a slacker, talking and posting comments about drinking, and having worries from family and friends
- ❖ Binge drinking increases the risk of suicide, unplanned sex, unprotected sex, increased risk of HIV and STDs, assault, date rape, crime, divorce, and poor job performance
- ❖ Health problems can include unintentional and intentional injuries, alcohol poisoning, liver disease, neurological damage, sexual dysfunction, and impaired control of diabetes
- ❖ Signs of alcohol poisoning from binge drinking include: confusion, vomiting, choking on vomit, seizures, inability to be awakened, irregular breathing, low body temperature
- ❖ Binge drinking can also effect cardiac rhythms, circadian rhythms, and blood pressure
- ❖ Adolescent binge drinking is the cause of 1/3 of all fatal traffic accidents
- ❖ In adolescent binge drinkers, the risk for suicide is greater by 4 times
- ❖ Binge drinkers are 14 times more likely to report alcohol impaired driving than others
- ❖ Binge drinking cost the U.S. in 2006 \$233.5 billion or about \$1.90 a drink from losses in productivity, health care, crime and other expenses

WHAT TO DO TO STOP BINGE DRINKING!

- ❖ Be aware of advertising that promotes drinking with having fun, being social, being cool, looking good, and necessary to have a good time
- ❖ Be honest with yourself and accept that you are a binge drinker
- ❖ Ask yourself why you want to stop and identify the consequences of your drinking
- ❖ Keep a drinking journal of when you drink, how much, and what happens
- ❖ Try to set a limit to the number of drinks and see if you can stick to it; if not, abstain from drinking completely
- ❖ Ask a friend or family member to support you and check up on you when you drink
- ❖ Only drink with meals or alternate drinking with glasses of water
- ❖ Attend a support group or seek professional help if you are unable to stop binge drinking

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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