Chapter 21 Alcohol

Tips on Preparing for Tests

- While studying content in your textbook, underline or highlight important information to help you remember it.
- Ask your instructor to clarify any information that is confusing to you.

Directions: Choose the best answer and mark your responses in the answer space on the next page.

1. Which statement about alcohol’s effect on the body is accurate?
   A. In general, alcohol moves into the bloodstream faster in males than in females.
   B. Smaller-sized people and larger-sized people feel equal effects if they consume equal amounts of alcohol.
   C. As the amount of alcohol consumed increases, the level of alcohol in the bloodstream increases.
   D. Food in the stomach speeds up the passage of alcohol into the bloodstream.

2. Which organization helps families and friends of alcoholics deal with and recover from the effects of living with an alcoholic?
   F. Al-Anon/Alateen
   G. Alcoholics Anonymous
   H. Mothers Against Drunk Driving
   J. National Drug and Treatment Referral Routing Service

3. Which of the following is NOT an effect of alcohol on the body?
   A. Reduced ability to judge distances
   B. Heightened motor skills
   C. Slow reflexes
   D. Reduced concentration

4. Which is true of alcohol’s effect on the liver?
   F. Alcohol has no effect on the liver.
   G. Liver acid production increases with alcohol use, often resulting in nausea and vomiting.
   H. Alcohol causes the liver to increase urine output, which can lead to dehydration.
   J. Toxic chemicals released as the liver metabolizes alcohol cause inflammation and scarring of the liver tissue.

5. Infants born with fetal alcohol syndrome may have
   A. heart, liver, and kidney defects.
   B. vision and hearing problems.
   C. difficulties learning.
   D. all of the above.

6. Drinking five or more alcoholic drinks at one sitting is called
   F. binge drinking.
   G. alcoholism.
   H. alcohol poisoning.
   J. moderate drinking.

7. When a person is dependent on alcohol, he or she
   A. has a nervous system disorder.
   B. is intoxicated.
   C. has fetal alcohol syndrome.
   D. is an alcoholic.
8. Which is NOT a step toward recovery from alcoholism?
   F. Tolerance
   G. Admission
   H. Detoxification
   J. Counseling

   **Answer Space**

   1  A  B  C  D  
   2  F  G  H  J  
   3  A  B  C  D  
   4  F  G  H  J  
   5  A  B  C  D  
   6  F  G  H  J  
   7  A  B  C  D  
   8  F  G  H  J  

   **Directions:** Circle T if the statement is true or F if the statement is false. Rewrite any false statements to make them true.

9. T  F  Physiological dependence is a condition in which people believe they need a drug in order to feel good or function normally.

10. T  F  Impaired coordination is a short-term effect of alcohol consumption.

11. T  F  A potentially fatal reaction to an alcohol overdose is called binge drinking.

12. T  F  Blood alcohol concentration is measured to determine whether someone is driving while intoxicated.

13. Your friend Jamaal has been experimenting with alcohol, and you are concerned about his safety and health. You have observed Jamaal’s interaction with fellow students, and you think he may be giving in to peer pressure by agreeing to drink with them. Help Jamaal resist peer pressure by naming some refusal strategies he could use.

   Write your answer to item 13 in this space.