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In October...

- National Breast Cancer Awareness Month
- National Domestic Violence Awareness Month
- "Talk About Prescriptions" Month
- Oct. 5-11 National Mental Illness Awareness Week
- Oct. 8 Depression Screening Day
- Oct. 10 World Mental Health Day
- Oct. 19-25 National Collegiate Alcohol Awareness Week
- Oct. 20-24 National Health education Week

Healthlines



Depression Screening Day for Students

Feeling stressed? Anxious? Angry? Or sad? Every year, millions of students are affected by depression, anxiety or a related mental health issue. If you are having a hard time coping or if you are so stressed out that you can't concentrate, come to Depression Screening. The Center for Student Health and Psychological Services is offering confidential screenings for a variety of mood and anxiety disorders. Come test your moods, talk with a counselor and pick up a brochure.

Sponsored By: Center for Student Health & Psychological Services, 564-3086

Name of Event: National Depression Screening Day

Date: Wednesday, October 8th

Times & Location:

- 11:00 am to 1:00 pm – College Center Lobby, 1st Floor
 - Information Table. A counselor will be available for questions.
- 7:00 pm- Student Health Center Bldg., Conference Room #148
 - Free, anonymous Depression Screening and Presentation

**Refreshments will be served.*

Intimate Partner Violence: Signs and What You Can Do

Although our campus is relatively safe, it's very important to note that violence is still an unfortunate part of our culture. Remaining aware of one's surroundings, traveling in groups, and not allowing alcohol and other drugs impair judgment go a long way in protecting you from violence. However, some violent acts go unseen and the victims suffer in silence.

Partner violence can happen to anyone and knows no cultural, social or economic boundaries. Many times, the signs go undetected or others just don't want to become involved in another's personal business. Truly, preventing and intervening in partner violence is everyone's business. Physical abuse is often the form of control that usually is associated with domestic or partner violence, but mental/emotional violence is just as dangerous. Here are some signs and what you can do as a survivor or a support person:

Does your partner...

- Belittle you, use put-downs, or embarrass you as a means of control?
- Threaten to leave or damage your property?
- Keep tabs on you and ask continuous questions about where you are/who you are with?

- Use suicidal gestures or threats as a means of maintaining your presence in the relationship?

If you answered 'yes' to any of the above, consider reaching out for help. Many people on and off campus are waiting to listen and guide you!

What to Do:

- If you are a friend, offer support, help and resources and listen.
- Talk to an RA, friend, counselor, healthcare provider, or trusted campus colleague about available on and off campus resources.
- Call STOP Domestic Violence here in Plattsburgh (563-6904) as they offer great resources and advocacy for survivors
- Call University Police (564-2022) if you are in immediate danger! Your safety comes first!

For more information on domestic violence go to:

<http://www.healthyminds.org/factsheets/LTF-DomesticViolence.pdf>

“...These problems range from poor academic performance to unwanted sexual activity to violence and even death.”

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National Collegiate Alcohol Awareness Week (Oct. 19-25)

Every year alcohol misuse and abuse contribute to numerous problems on college campuses across the United States. These problems range from poor academic performance to unwanted sexual activity to violence and even death. In an effort to acknowledge and address these issues, colleges and universities from across the country unite to promote National Collegiate Alcohol Awareness Week (NCAAW).

During the week of **October 19-25**, several programs and events will take place that are designed to promote personal responsibility, healthy decision-making, and respect for state laws and school policies associated with the consumption of alcoholic beverages. This week gives college students the opportunity to participate in events promoting healthy lifestyles free from the abuse or illegal use of alcohol and to combat negative stereotypes of college drinking behavior. ***As NCAAW approaches, be on the lookout for a schedule of events taking place both on campus and in the Plattsburgh community!***

Annual High-Risk College Drinking Consequences

The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.

Death: 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes (Hingson et al., 2005).

Injury: 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol (Hingson et al., 2005).

Assault: More than 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking (Hingson et al., 2005).

Sexual Abuse: More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape (Hingson et al., 2005).

Unsafe Sex: 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex (Hingson et al., 2002).

Academic Problems: About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall (Engs et al., 1996; Presley et al., 1996a, 1996b; Wechsler et al., 2002).

Health Problems/Suicide Attempts: More than 150,000 students develop an alcohol-related health problem (Hingson et al., 2002) and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past

year due to drinking or drug use (Presley et al., 1998).

Drunk Driving: 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year (Hingson et al., 2002).

Vandalism: About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol (Wechsler et al., 2002).

Property Damage: More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage (Wechsler et al., 1995).

Police Involvement: About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking (Wechsler et al., 2002) and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence (Hingson et al., 2002).

Alcohol Abuse and Dependence: 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking (Knight et al., 2002).

College Drinking Prevention
<http://www.collegedrinkingprevention.gov/StatsSummaries/snapshot.aspx>

Congratulations! Most Students Make Healthy Choices Regarding the Use of Alcohol



According to the National Health Assessment, Spring 2007, and the Core Alcohol and Drug Survey, 2005:

67.3% of female and **52%** of male college students have *NOT* had 5 or more drinks in one sitting during the last 2 weeks.

92.3% of college students did *NOT* list alcohol use as an impediment to their academic performance for last school year.

73.7% of college students have *NOT* driven a car while under the influence.

98.6% of college students have *NOT* been arrested for driving while intoxicated or under the influence.

“67.3% of female and 52% of male college students have NOT had 5 or more drinks in one sitting during the last 2 weeks.”

How Alcohol Affects Us...

Almost all of us have heard that alcohol is a drug, but many of us do not think of the act of drinking alcohol as putting a drug into our bodies. It is important for people to understand that alcohol use impairs judgment, the peripheral nervous system (which controls motor skills), and the functions of the brain.

How does impairment begin? When a person drinks alcohol, it enters the bloodstream. The molecular structure of alcohol (ethanol, to be specific) is small and it can keep the alcohol in the stomach as long as possible by eating food, which dilutes the alcohol and keeps it from entering the small intestine so quickly.

Alcohol also affects different people in different ways. Some of the characteristics that determine the effects of alcohol for an individual include the following:

- **Body weight/Body Mass Index (BMI)** - Not only heavier but more muscular individuals have more blood to dilute the alcohol, resulting in lower blood alcohol concentration (BAC).
- **Gender**—Women produce less of the alcohol metabolizing enzymes ADH and ALDH, meaning that it takes a woman longer to break down the same amount of alcohol than a man of equal size. Women also generally have more body fat and less body fluid than men. Less body fluid to dilute the alcohol means a higher BAC.
- **Full/Empty Stomach**—Caloric content in the stomach slows the release of its contents into the small intestine. This means that diet sodas, which contain artificial sweeteners, when used as mixers are released more quickly into the small intestine than their calorie rich counterparts (i.e., the alcohol can

enter your blood stream faster).

- **Type of Food or Drink in Stomach**—For example, protein slows the stomach’s release of substances into the small intestine and the subsequent alcohol absorption, more than any other kind of food.
- **Speed of Consumption**—Faster consumption (e.g. chugging, shooting) results in a higher peak BAC.
- **Use of Medication or Other Drugs**—For example, Acetaminophen (Tylenol) competes with alcohol for breakdown sites in your liver, and acute liver failure can result as the organ struggles to break down both drugs. The use of drugs, prescription or otherwise, may intensify or alter the effects of alcohol, but they do not change a person’s BAC level.

Once alcohol gets into the bloodstream, it moves through the body and comes in contact with virtually every organ. Alcohol easily crosses the blood-brain barrier where it has some of the greatest impacts.

It is important to know that the body is quite efficient when it comes to processing alcohol. The liver designed to metabolize the majority of alcohol as we drink it. Enzymes break down the alcohol into harmless products that are then excreted. However, the liver can only process so much alcohol at a time. For a person of average weight and body type, the liver and small intestine can process alcohol at a rate of about one drink per hour. If a person drinks at a faster rate than one drink per hour, the alcohol simply stays in the blood, waiting its turn to be metabolized. Since there is more alcohol in the body than can be metabolized, the result is increasing levels of intoxication.

U'DECIDE: The BACCHUS Network: www.bacchusnetwork.org

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Blood Alcohol Concentration (BAC) Level Information

It is important to define what “drink” means. Normally, a drink is thought of as:

- One beer
- One mixed drink
- One glass of wine
- One shot of alcohol

But it is important to understand that the formal definition is actually:

- 12 ounces of beer (5% alcohol by volume)
- 4-5 ounces glass of wine (12-15% alcohol by volume)
- 1.5 ounces of 80 proof (40% alcohol) distilled spirits

Each of these contains the same amount of pure ethanol, about 0.6 ounces. In other words, a 20-ounce mug of beer is considered more than a drink—it is actually closer to a drink and a half. If a person orders a mixed drink at a bar or at a party, it may be possible that whoever mixed the drink may have put in two or three ounces alcohol.

All of these factors will determine the amount of alcohol in a person’s blood, which is measured as the BAC, or Blood Alcohol Concentration.

Blood Alcohol Concentration (BAC) Levels:

.01-.07: You feel mildly relaxed, a little lightheaded. Your inhibitions are loosened, and you feel less cautious. Judgment abilities are slightly impaired. No real feeling of the depressant effects of alcohol seen yet. Your behavior may become exaggerated and your emotions intensified.

.08-.13: Your motor skills are starting to become impaired and your sense of balance may be compromised. Your emotions

become a bit exaggerated—perhaps loud, perhaps aggressive. It is dangerous (and illegal) for you to drive. Your judgment is impaired, and you may have difficulty evaluating sexual situations. You believe you are functioning better than you actually are.

.14-.19: The “good feelings of euphoria begin to give way to some negative feelings such as anxiety and restless. You may begin to feel tired because the depressant qualities of alcohol begin to take effect. If you are a man, you will have difficulty achieving or maintaining an erection. You will have trouble walking or standing, and you will greatly increase the chance of hurting yourself physically. You may get nauseous.

.20-.24: You feel confused and disoriented. At this point you may experience nausea and, since your gag reflex is impaired, you may choke on your vomit. You have trouble standing. You may not realize that you hurt yourself because you may not feel pain. Blackouts become likely at this point.

.25-.29 Almost all aspects of your brain are severely impaired. You may have passed out by this point. Vomiting is likely and the chance of asphyxiation on your own vomit is greatly increased. If you have not passed out, the risk of personal injury is high because you have little to no physical control. You are emotionally numb.

.30-.34 If you are still awake, you are in a stupor. You likely have no comprehension of where you are or what you are doing. There have been numerous cases of alcohol poisoning and death in this range of BAC. You are in need of medical help.

.35 & UP: You have reached the level of surgical anesthesia. Coma is possible. The lungs and heart rate are slowing to the point of stopping. You need immediate medical help.

U'DECIDE: The BACCHUS Network: www.bacchusnetwork.org

Alcohol and Academics

Alcohol use can result in missing class, doing poorly on tests or projects, disciplinary issues, or other problems. The following statistics show on average, students who drink the most alcohol receive the lowest grades:

- “A” students average 3.1 drinks per week
- “B” students average 4.4 drinks per week
- “C” students average 5.6 drinks per week
- “D” students average 9.5 drinks per week

Students who are out late partying often oversleep and miss classes. Someone who is hung over is more likely to sleep in or may be too sick to attend class. People who party several times a week can fall behind on their homework, projects, or papers—causing a low GPA and even dropping out of school.

U'DECIDE: The BACCHUS Network: www.bacchusnetwork.org



10 Important Questions to Help You Be “Medicine Smart”

Here are 10 important questions from the **National Council on Patient Information and Education (NCPPIE)** to help you get the information you need to use medicines appropriately. Be sure to ask your doctor, physician assistant, nurse practitioner, and pharmacist these questions whenever medications are part of your treatment plan.

1. What is the name of the medicine and what is it for? Is this the brand name or generic name?
2. Is a generic version of this medicine available?
3. How and when do I take it—and for how long?
4. What foods, drinks, other medications, dietary supplements, or activities should I avoid while taking this medicine?
5. When should I expect the medicine to begin to work, and how will I know if it is working? Are there any tests required with this medicine (for example, to check liver or kidney function)?
6. Are there any side effects, what are they, and what do I do if they occur?
7. Will this medicine work safely with the other prescription and nonprescription medicines I am taking? Will it work safely with any dietary / herbal supplements I am taking?

8. Do I need to get a refill? When?
9. How should I store this medicine?
10. Is there any written information available about this medicine?

And remember, when medicines are prescribed, tell your health professionals:

- All of your medical conditions and the names of doctors providing treatments.
- The names of all medicines and other products you are taking, including:
 - * Prescription and nonprescription medicines
 - * Dietary supplements / herbal remedies, vitamins or minerals
 - * Laxatives
 - * Pain relievers
 - * Sleeping aids
- Any problems you are having with your medicines
- The medicines to which you are allergic
- If you are, or might be pregnant.

Brought to you by the National Council on Patient Information and Education: www.talkaboutx.org

Proper Disposal of Prescription Medicines

Federal Guidelines developed by the Office of National Drug Control Policy (ONDCP), Environmental Protection Agency (EPA), and the U.S. Department of Health and Human Services (DHHS) in February 2007, encourage consumers to:

- ◆ Take unused, unneeded, or expired prescription drugs out of their original containers and throw them in the trash.
- ◆ Mixing prescription drugs with an undesirable substance, such as used coffee grounds or kitty litter, and putting them in impermeable, non-descript containers, such as empty cans or sealable bags, will further ensure the drugs are not diverted.

- ◆ Flush prescription medications down the toilet **only** if the label or accompanying patient information specifically instructs doing so.
- ◆ Take advantage of community pharmaceutical take-back programs or community solid-waste programs. Where these programs exist, they are a good way to dispose of unused pharmaceuticals.

National Council on Patient Information and Education



*“Flush prescription medications down the toilet **only** if the label or accompanying patient information specifically instructs doing so.”*

“After eating a meal, I like to walk off my food, but my friends tell me it’s bad. (She compared it to not swimming after a meal.) So, can you confirm any of our thoughts?”

*Grace,
Whiteface*

Healthlines Q&A

Healthlines Question and Answer Column: Send Us Your Questions!

Students, Faculty and Staff of the SUNY Plattsburgh Community:

If you have questions for our medical staff, mental health counselors or health education staff, email them to jsanb001@plattsburgh.edu with the subject line “Healthlines Q&A.” A member of our staff will respond to your questions which will be published in our monthly newsletter, Healthlines. When sending your questions, please only include your first name and Residence Hall or City for those who live off campus, or sign ‘anonymous’ if you wish. Examples of appropriate topics are alcohol and/or other drugs, sexual health, medications, illnesses, stress, any other health and/or mental health issues, or our services in general. Feel free to ask us anything that you think we may be able to help you with, and we will do our best to respond. No question is stupid! Chances are someone else wants to know the same thing, so ask away!

Q: I have a question about fitness. After eating a meal, I like to walk off my food, but my friends tell me it’s bad. (She compared it to not swimming after a meal.) So, can you confirm any of our thoughts?

Grace, Whiteface Hall

A: Actually you and your friend are both on the right track. Exercising after a large meal can cause one to feel sluggish or have stomach upset, cramping, or diarrhea especially if doing an intensive exercise workout. This is because your muscles and gastrointestinal tract are competing for energy sources. Therefore, if you eat a large meal and have an intense workout you will experience more negative symptoms. However, most people can eat snacks right up to the time they begin exercising and during exercise. The key is to determine what is best for you based on how you feel. Some people will feel very light-headed for the first 10-15 minutes of their exercise routine if they exercise within one hour of their meal. Let experience be your guide. If you feel good walking after a meal, go for it. In addition, for those people trying to lose weight, exercising within an appropriate time after eating appears to enhance hormones that suppress appetite. People feel less hungry after exercise. This effect can carry right over to the next meal.

Do You or Does Someone You Care About Have a Problem with Alcohol Abuse? *Tips on Recognizing a Problem*

If you think alcohol is causing problems for you or any of your friends, do something about it. Seek out someone you trust and discuss how you can best confront the problems and make the changes necessary to get things back on track. Don’t be afraid to speak to a campus counselor—these people are the experts on this sort of problem. Some trouble signs:

- Someone who frequently drinks to intoxication, drinks alone, or whose health suffers from drinking.
- Alcohol has become “too important.” Someone is suffering in his or her academics, job performance, relationships with friends, and either doesn’t recognize it is happening or doesn’t do anything to change the negative trend.
- Someone who relies on a drink to get the day going; needs to drink to relax or deal with stress.
- Someone who suffers memory loss or who gets violent and/or angry when drinking. Someone whose personality changes for the worse when

- he/she drinks, harming friendships and romantic relationships.
- Someone who drives under the influence or does other high-risk stunts when drinking, possibly endangering him/herself and others in the process.
- Someone consistently in trouble with campus or community authorities for alcohol-related incidents.
- Someone with a family history of chemical dependency.

For more information on alcohol and other drugs, or if you think you or a friend might have a substance use/abuse problem, call or visit the Center for Student Health and Psychological Services on campus at 564-2187.

*Tips on Sipping. The BACCHUS Network:
www.bacchusnetwork.org*

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