## How is binge drinking defined by the NIAAA?

* 5 drinks in 2 hours for males and 4 for females

## What Percentage of Austrian Males binge drinks once per Month?

* The majority of Males aged 15+

## How has the use of Alcohol changed compared to the medieval Times?

* Nowadays Alcohol is used for Socializing compared to back then when it was used mainly for its nutritious factors

## Name 5 Negative Impacts of Alcohol

* You may fall behind on schoolwork
* You may experience disruption of sleep and/or study
* Binge drinkers experience greater occurrences of verbal, physical and sexual violence.
* Liver Disease and eventually Liver failure
* Neurological Problems

## How can a binge drinker control his drinking habits?

* Keep track of the number of drinks consumed.
* Set goals/limits
* Get professional help- AA (Alcoholic Anonymous), other counseling services or a physician