

BINGE DRINKING: THE ROAD TO ALCOHOLISM

HOW MUCH IS TOO MUCH?

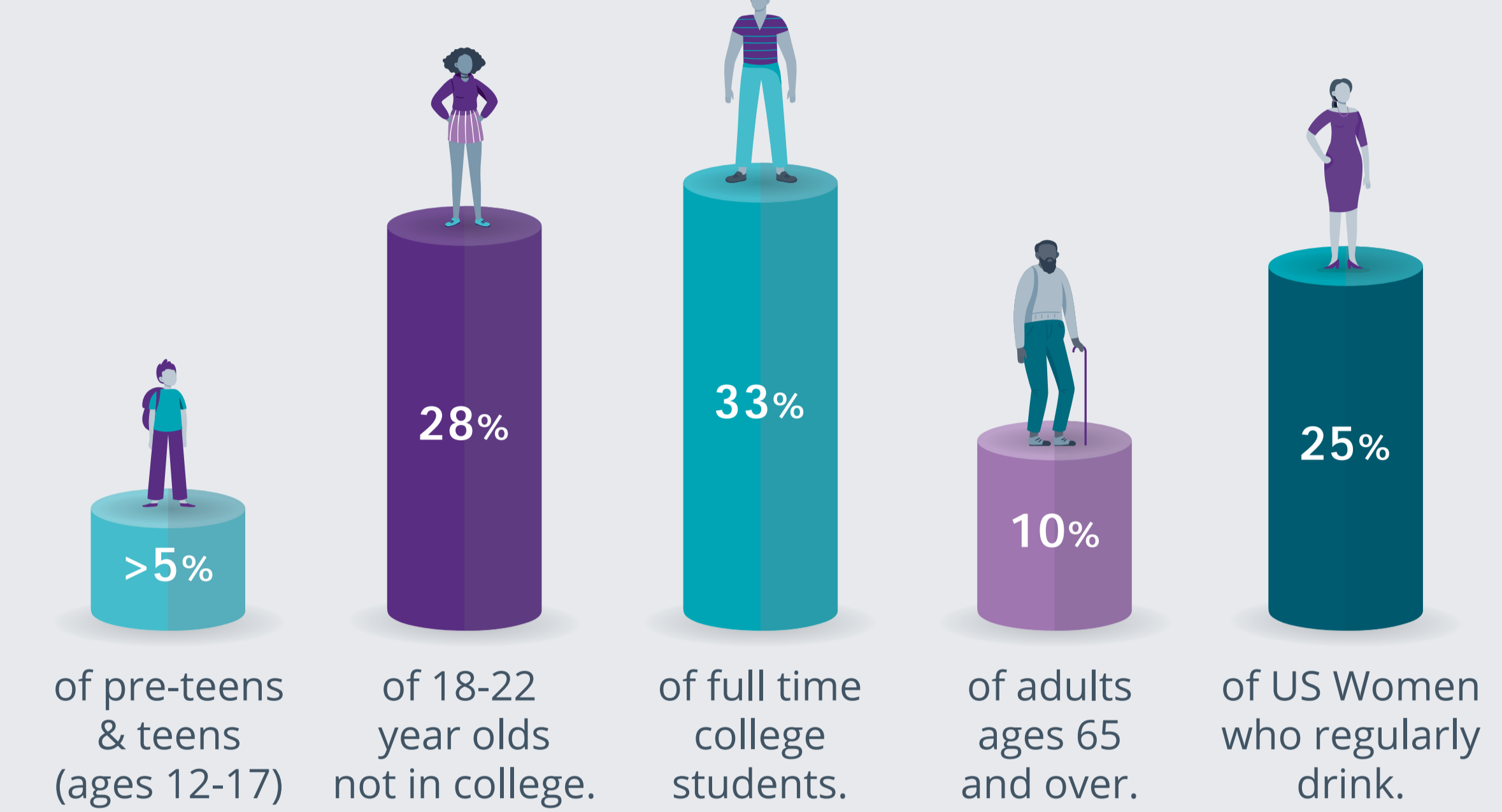
Binge Drinking is a pattern of drinking that brings Blood Alcohol Concentration (BAC) up to **0.08c/dL** or higher.



WHAT IS A DRINK?



WHO BINGE DRINKS?



IN GENERAL, THE STAGES OF ALCOHOLISM ARE:

PRE-ALCOHOLIC

You drink to relieve stress. Your tolerance starts increasing, and you need more alcohol to get a buzz.

EARLY ALCOHOLIC

Blacking out from alcohol can happen and you may start drinking in secret. Your drinking becomes more frequent, and your tolerance grows even further.

MIDDLE ALCOHOLIC

Alcohol starts affecting your every day life, including relationships and work. You might try to quit drinking repeatedly. And you may feel shame and guilt, leading to self-medicating with even more alcohol. Some physical symptoms, like facial redness and stomach bloating, might appear.

LATE ALCOHOLIC

Alcohol takes over your life and becomes a priority above work and relationships. Further signs of addiction may appear, including poor hygiene, alcohol on the breath, jaundice, dry skin, brittle nails, and looking more aged. You could also get chronic health conditions like liver cirrhosis. Withdrawal symptoms emerge whenever you try to stop drinking.

RECOVERY

You decide to reach out for help.

get
live
stay