

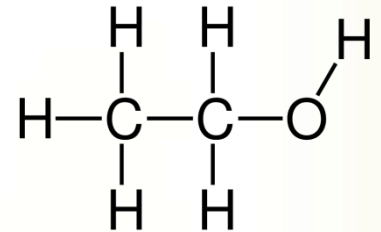
Three wine glasses are arranged horizontally. The leftmost glass contains a dark liquid, the middle glass contains a red liquid, and the rightmost glass contains a yellow liquid. The text is overlaid on the middle glass.

# 38. Alcohol

Joonas Jokinen M.A. Sport Sciences

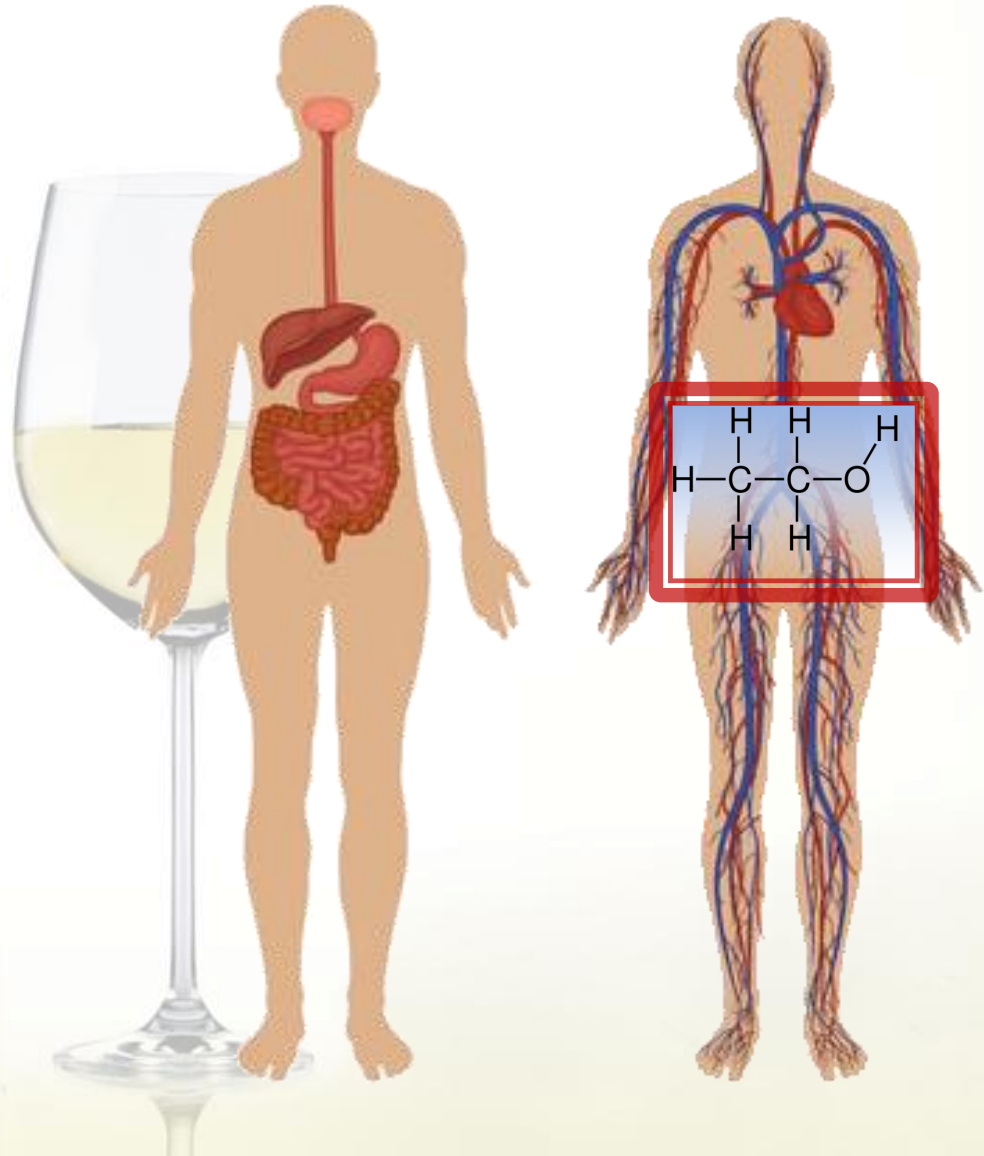
# What is alcohol?

- Alcohols are organic compounds, that are mostly poisonous but in small doses act as sedatives
- Alcohol beverages contain ethanol which is water-soluble alcohol that causes sedative effects in small doses
- In higher doses it causes nausea, vomiting and heart seizure

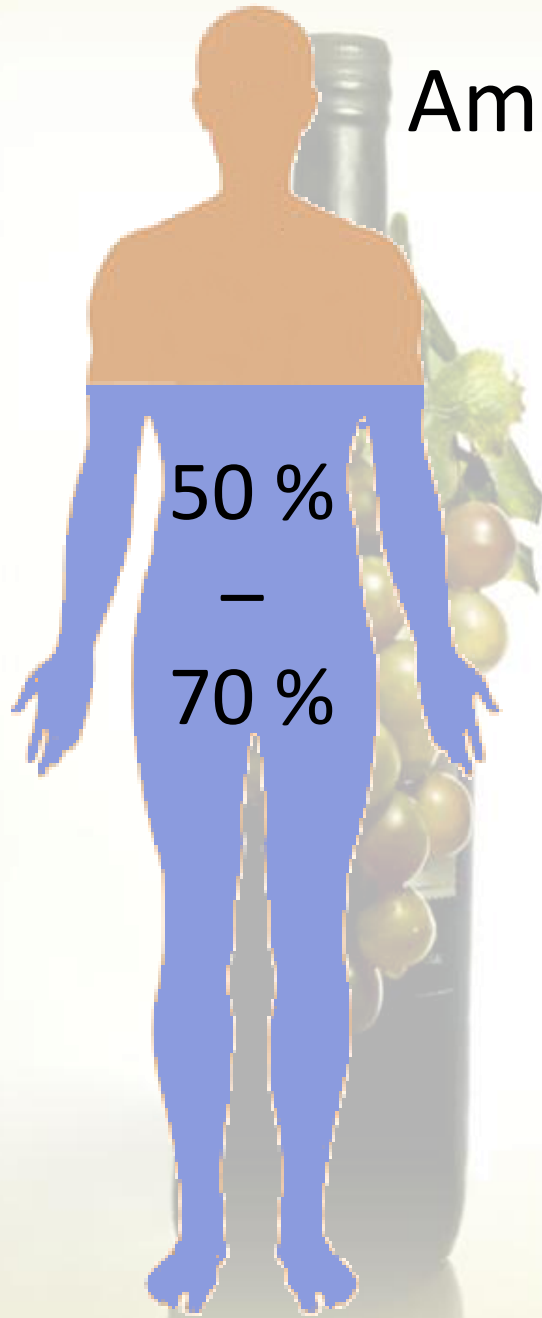


# What is alcohol?

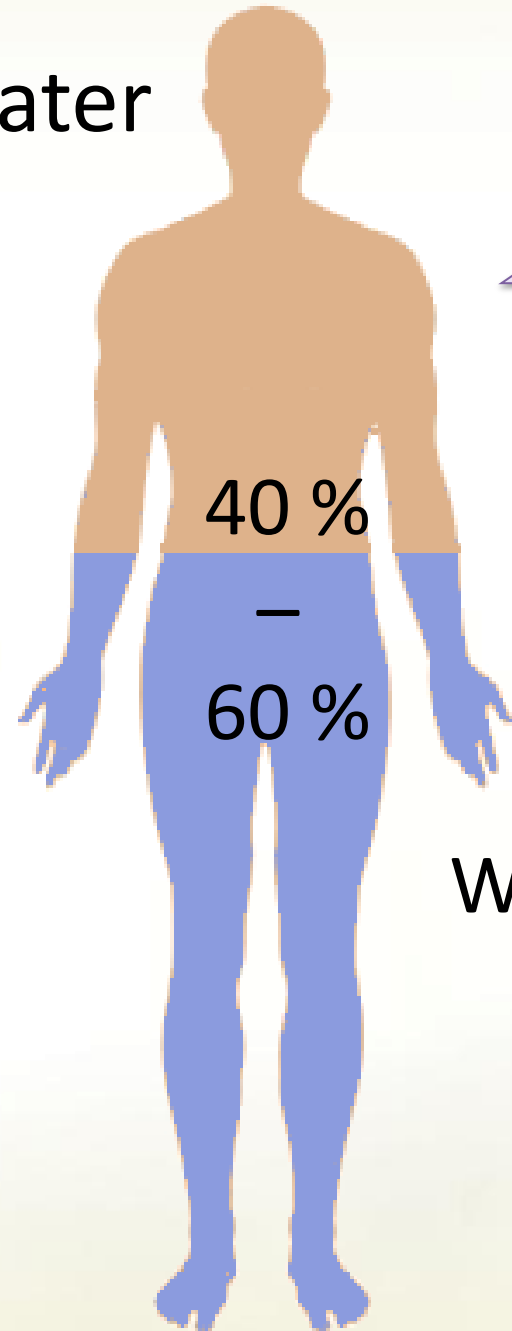
- Blood alcohol content is measured in permilles = ‰
- One permille means that one liter of blood contains one gram of pure ethanol



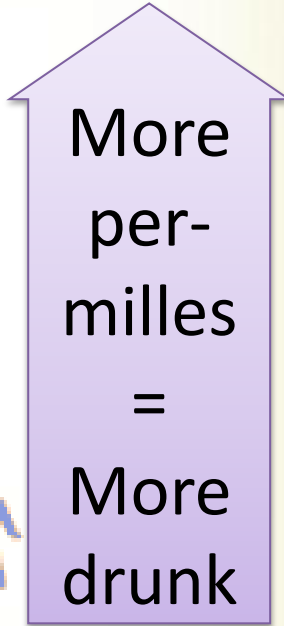
# Amount of water



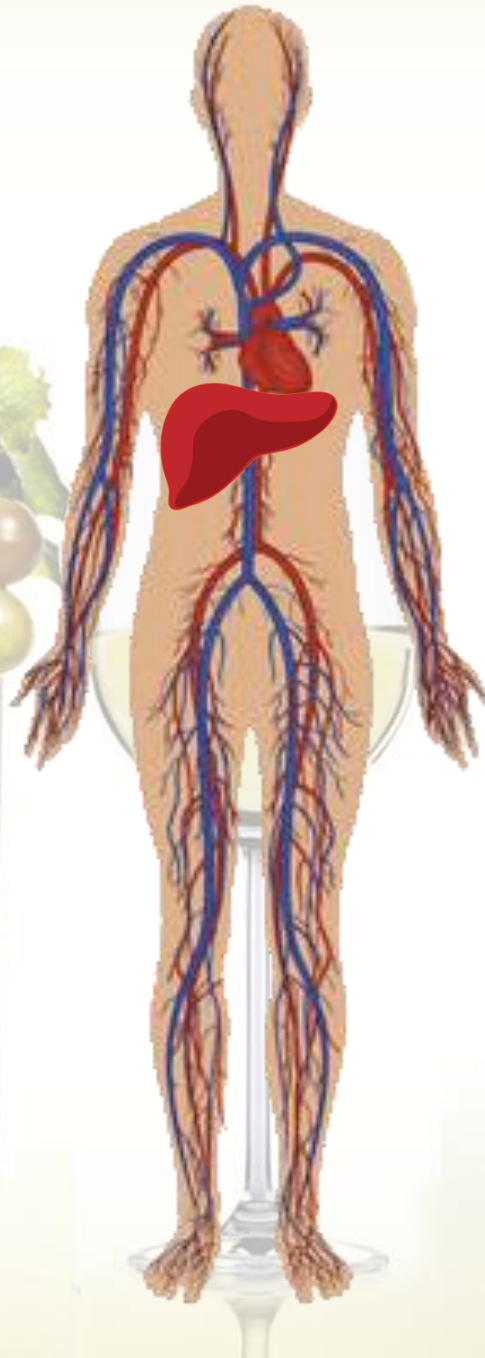
MAN



WOMAN

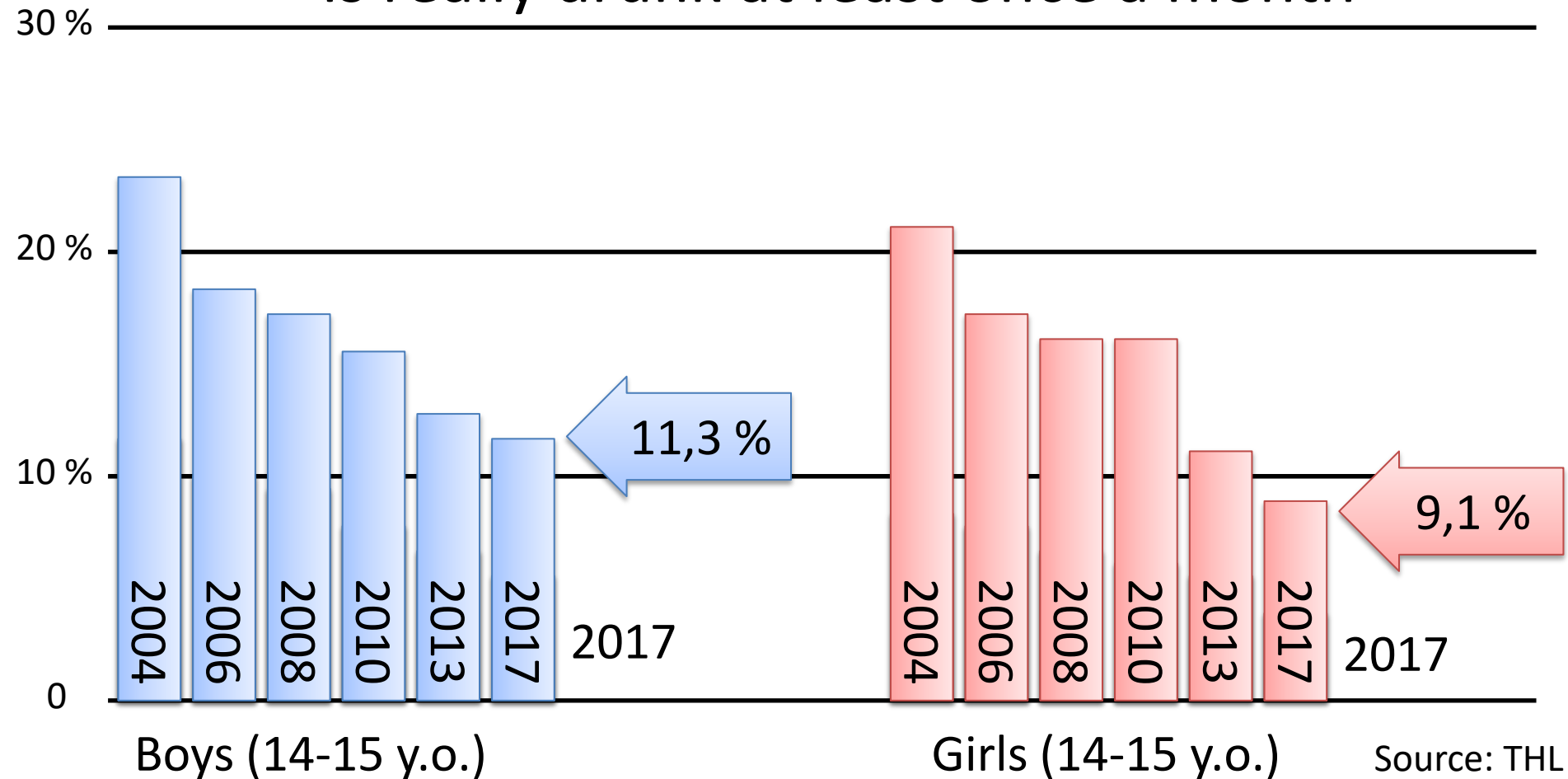


- Liver metabolizes alcohol
- excessive drinking causes hangover = body fights the symptoms of withdrawal of ethanol

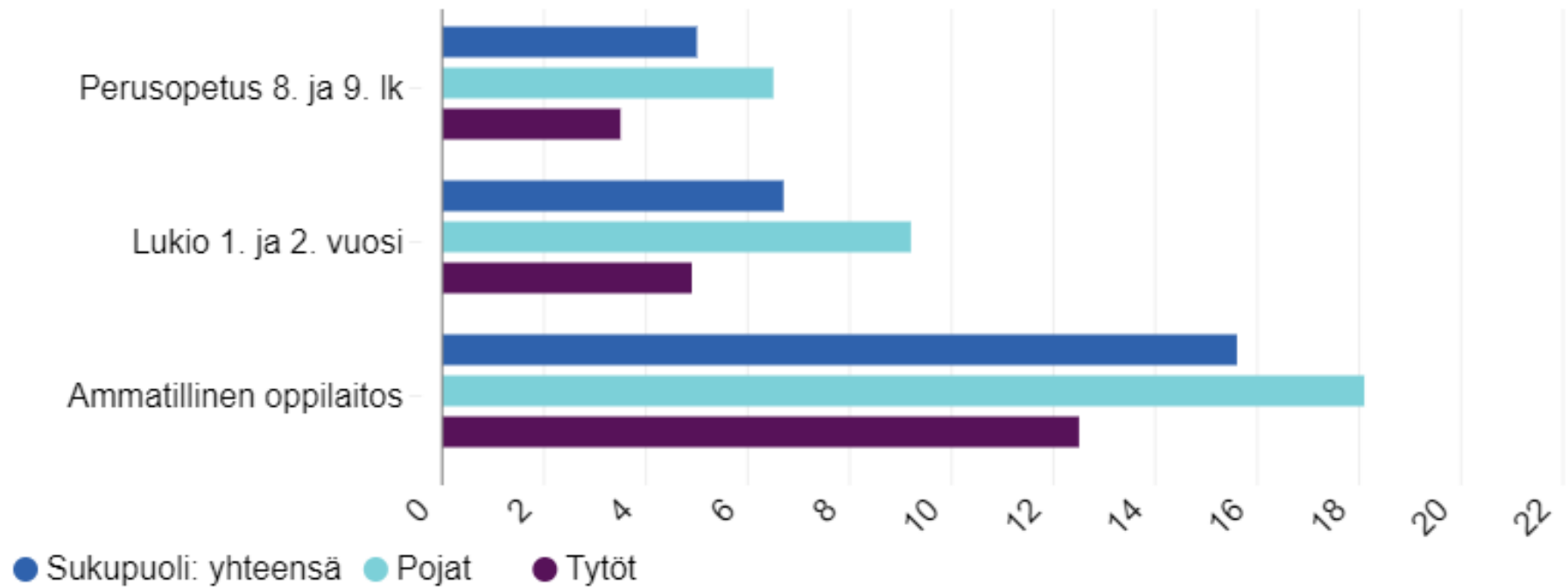


# Statistics

Is really drunk at least once a month



# Statistics



Source: THL

# Homework

- Why do under aged drink?
  - What personal reasons are there?
  - What social reasons are there?