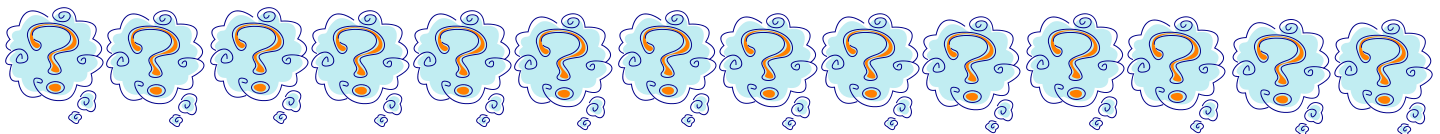


What is your Alcohol IQ?



- | | | |
|--|------|-------|
| 1. Beer before liquor, never sicker. Liquor before beer, in the clear. | True | False |
| 2. Alcohol is a stimulant. | True | False |
| 3. Taking a cold shower, drinking coffee and exercising are ways to sober up. | True | False |
| 4. Having an alcohol tolerance is a good thing for your body. | True | False |
| 5. Six beers has the same amount of calories as 3 McDonald's cheeseburgers. | True | False |
| 6. Alcohol consumption can exaggerate feelings of depression, guilt, low self-esteem, anxiety and anger. | True | False |
| 7. It is okay to take over the counter medications with alcohol. | True | False |
| 8. You usually need 2-3 hours to metabolize the alcohol of 1-2 drinks. | True | False |
| 9. Alcoholic men and women experience the same health problems. | True | False |
| 10. An average mixed drink contains nearly twice as much alcohol as a 12 ounce beer. | True | False |
| 11. Alcohol warms your body. | True | False |
| 12. Alcohol figures into more reports of date rape and sexual assault than any other drug. | True | False |
| 13. Most IUP students report they drink once a week or less. | True | False |
| 14. After a night of drinking, eating bread before bed will absorb the alcohol and prevent a hangover. | True | False |
| 15. After drinking alcohol, drinking water before bed can prevent dehydration. | True | False |
| 16. Alcohol gives you a good night's sleep. | True | False |
| 17. You have to get completely wasted in order to have a hangover. | True | False |



Alcohol IQ Answers

1. **False.** The order of different types of alcohol does not matter. How much alcohol will determine the effects. Each “standard” drink has the equivalent amount of alcohol concentration. Meaning a 12 ounce beer, 5 oz. wine and 1 shot of liquor have the same amount of alcohol.
2. **False.** Alcohol is a depressant because it slows down the functioning of the central nervous system.
3. **False.** Time is the only way to sober up. The body gets rid of alcohol by metabolism through the liver, which can only process alcohol at a constant rate of approx. 1 standard drink an hour. Nothing can affect this rate.
4. **False.** An alcohol tolerance means more alcohol is needed to achieve the same effect. More alcohol in the system negatively affects all organs, including the brain.
5. **True.** A McDonald’s cheeseburger is approx. 300 calories. The average beer contains approx. 150 calories. Therefore, for every 2 beers, a person is consuming approx. 1 McDonald’s cheeseburger in calories.
6. **True.** Alcohol typically exaggerates the feelings of the individual’s current mood.
7. **False.** Even over the counter medication can have dangerous interactions with alcohol. When taking any over the counter medication, consult with your doctor before consuming alcohol.
8. **True.** The liver can only process approximately 1 drink an hour.
9. **False.** Women experience more health problems from less amounts of alcohol than men.
10. **True.** An average mixed drink contains 2 or more ounces of liquor. One ounce of liquor has the same amount of alcohol as 12 ounces of beer. Therefore, a mixed drink may have double or more the amount of alcohol than a 12 ounce beer.
11. **False.** Alcohol is a vasodilator, which thins your blood and distributes blood to your skin making you feel and look warmer (flushed cheeks); but it actually decreases your core body temperature.
12. **True.** Alcohol figures into more reports of date rape and sexual assault than any other drug.
13. **True.** 70.8 percent of all IUP students and 85.6 percent of IUP residence hall students report they drink alcohol once a week or less, according to the 2008 CORE and EBI surveys.
14. **False.** Food helps to absorb liquors as you drink them and helps reduce the rate at which alcohol enters the blood stream. This only occurs for the alcohol that is currently in an individual’s stomach. Once the alcohol has moved beyond the stomach (into the intestines) food will no longer have any effect on alcohol rate and absorption. Eating BEFORE and DURING drinking is the best prevention.
15. **True.** One contribution to an alcohol hangover is dehydration. Alcohol, carbonation, and coffee are diuretics which cause a person to urinate. Drinking water before, during and after drinking can help maintain proper hydration and prevent several hangover symptoms.
16. **False.** Alcohol actually disrupts the sequence and duration of sleep. Due to alcohol’s sedating effects, it may help decrease the amount of time it takes to fall asleep. However, alcohol causes disrupted sleep (poor REM cycle) resulting in less overall quality of sleep, especially during the second half of sleep.
17. **False.** While the amount of alcohol is a large contribution of hangover symptoms, a hangover depends on other variables too. Genes, gender, body weight, amount of time spent consuming alcohol, how quickly drinks are consumed, how much food has been ingested, etc. all contribute. Remember, everyone is different and it is possible to get a hangover from almost any amount of alcohol.