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| 1. <b>what percentage of nicotine is left in your body after a night of sleep, based on half life?</b> | a little over 6 percent   | 23. <b>how much more likely is someone with a BAC between .05-.08 likely to have a fatal accident?</b> | 7.2  |
| 2. <b>what is the half life of nicotine?</b>   | 2 hours   | 24. <b>Beer, at 5% alcohol, has how many grams of alcohol per 100 grams of volume</b>                  | 5 grams  |
| 3. <b>which cigarette of the day gives the best 'high'</b>   | the first of the day, because you have less then 6% of nicotine in your body still since sleep, thus little tolerance | 25. <b>what is finland's policy on alcohol?</b>  | 0 tolerance  |
| 4. <b>BAC units Normally expressed as</b>  | mg per deciliter (100ml)  | 26. <b>17 grams of alcohol per beer (5 grams per 100), if 100kg person has 60kg of blood...</b>        | 17 grams per 60kg is 17/60,000, or .028%   |
| 5. <b>legal alcohol limit?</b>   | .08% mg/dL  | 27. <b>calories in alcohol?</b>  | 7 calories per gram  |
| 6. <b>density of water (blood) is</b>  | 1g/ml   | 28. <b>how many calories per gram of fat?</b>  | 9 calories per gram  |
| 7. <b>10 mg per 100 mL is same as</b>  | 10 mg per 100 grams, or .01%  | 29. <b>how many calories per gram of carb or protein?</b>  | 4 cal/gram   |
| 8. <b>alcohol Effects start at</b>   | .01%  | 30. <b>how many grams of alcohol in a 341 ml bottle at 5%?</b>   | 17 grams   |
| 9. <b>alcohol causes feelings of euphoria at</b>   | .03%  | 31. <b>how many calories in a bottle of alcohol 341 ml at 5%?</b>                                      | 7 (per gram) x 17 (grams of alcohol)=119, so more then 90% of calories in beer comes from alcohol                              |
| 10. <b>alcohol causes feelings of clumsiness at</b>  | .04%  | 32. <b>a glass of wine at 125 ml at 135 has how many grams of alcohol?</b>                             | 16.25, but same calories as beer   |
| 11. <b>alcohol caues some loss of motor coordination above what level?</b>                             | .05%  | 33. <b>a shot of whiskey 40ml at 40% has how many grams of alcohol?</b>                                | 16   |
| 12. <b>wht is the TI of alcohol?</b>   | 10  | 34. <b>BAC levels are</b>  | difficult to predict<br>Thus any "calculation" is approximate and many individual factors involved                             |
| 13. <b>what is the ratio of the toxic dose to the effective dose</b>                                   | TD50 to ED50  | 35. <b>Stomach absorbs how much of the alcohol, with how much absorbed by the small intestine</b>      | 25%, and 75%   |
| 14. <b>alcohol causes extreme clumsiness at</b>  | .07%  | 36. <b>max BAC can be reached in...</b>  | 20-30 min  |
| 15. <b>alcohol causes drowsiness at</b>  | .10%  | 37. <b>"Safe" drinking rates</b>   | ~ 1 drink per hour for a 70 kg person<br>At this rate a low BAC can be maintained because of the rate of metabolism of alcohol |
| 16. <b>alcohol causes blackouts at</b>   | .20%  | 38. <b>how often does the entire blood volume goes thro' the liver?</b>                                | every 4 min (6L)   |
| 17. <b>alcohol can be lethal at</b>  | .30%  |  |  |
| 18. <b>why is alcohol lethal at .30%</b>   | because it can cause paralysis of the respiratory centre  |  |  |
| 19. <b>what is the common legal limit of alcohol in the US?</b>  | .07   |  |  |
| 20. <b>Ontario : driving with above what BAC is an offence :</b>                                       | .05% - 3 day license suspension for 1st offence; increases with subsequent offences                                   |  |  |
| 21. <b>Range of what is "warning range"</b>  | .05-.08   |  |  |
| 22. <b>in Ontario, what is legally drunk?</b>  | .08   |  |  |

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| 39. <b>what is cirrhosis?</b>  | Alcohol pre-empts fat metabolism in the liver, thus in heavy drinkers, fat deposits accumulate on the liver  | 57. <b>life expectancy for Russian male</b>                  | 59 years  |
| 40. <b>for pregnant women, Alcohol is a...</b>   | teratogen (can damage the human fetus)   | 58. <b>what is the definition of antioxidant?</b>            | easily oxidized   |
| 41. <b>Heavy drinking mothers (&gt;5 drinks/day) show ??? of offspring with congenital abnormalities</b> | 32%  | 59. <b>place in the world with most alcohol per capita?</b>  | moldava, czechoslovakia   |
| 42. <b>alcohol get's....</b>   | oxidized   | 60. <b>what does pp/py mean</b>                              | per person, per year  |
| 43. <b>ethanol</b>   | CH <sub>3</sub> CH <sub>2</sub> OH   | 61. <b>how many people die every day in NA every day?</b>    | 300   |
| 44. <b>acetaldehyde</b>  | CH <sub>3</sub> CH=O   | 62. <b>how many alcoholics in NA?</b>                        | 11 million  |
| 45. <b>acetic acid</b>   | CH <sub>3</sub> COOH   | 63. <b>in highschool, what is the most consumed drug?</b>    | alcohol   |
| 46. <b>alcohol</b>   | CO <sub>2</sub> +H <sub>2</sub> O  | 64. <b>what is the suicide rate of alcoholics?</b>           | 10x higher  |
| 47. <b>how do you break down alcohol?</b>  | ethanol - acetaldehyde, - acetic acid- water and CO <sub>2</sub>   | 65. <b>why does alcohol make you feel warmer?</b>            | causes increased blood flow to skin - But reduced core temperature results: thus increased danger of hypothermia      |
| 48. <b>what does the liver burn first?</b>   | Ethanol (7cal/g)   | 66. <b>why do Asians tend not to drink?</b>                  | because they don't have the emsyms to break down alcohol - 'flushing syndrome' headaches and dizziness'               |
| 49. <b>what happens to the access acetaldehyde?</b>  | it ties up serotonin in the brain - acts as depressant   | 67. <b>Drunkorexia</b>                                       | substitute alcohol for food; get drunk faster, save\$, BUT.. dangerous, mostly women                                  |
| 50. <b>what is a positive characteristic of red wine?</b>  | powerful phytochemical antioxidant (resveratrol)   | 68. <b>Vaportini</b>   | Marketed as a "revolutionary way of consuming alcohol" - Dangerous new method of inhaling alcohol vapors (2013)       |
| 51. <b>what are some alcohol effects?</b>  | Dulls cravings for sweets<br>Combined with exercise, produces more heart-protective effects than exercise alone<br>Red wine: increased heart protection due to trans-resveratrol "French paradox"<br>Bio-beer: Rice Univ. Students genetically modify yeast to produce trans-resveratrol in Dec. 2008! | 69. <b>effects of vaportini compared to drinking?</b>        | Intoxication will occur at lower blood alcohol levels than by drinking, less calories consumed                        |
| 52. <b>what is a strong antioxidant?</b>   | polyphenol (trans resveratrol)   | 70. <b>what does 'proof' mean?</b>                           | multiply alcohol by 2, thus 5% alcohol has 10% proof. would burn alcohol at different levels to proof it had alcohol. |
| 53. <b>Ethanol - consumption</b>   | Western Europe ~9.01<br>Eastern Europe ~6.82<br>Latin America ~4.03<br>North America ~6.51<br>Australasia ~7.61<br>Rest of world ~2.42   | 71. <b>what has a lower boiling point, alcohol or water?</b> | alcohol   |
| 54. <b>ethanol consumption in Canada/US</b>  | 6.2 and 6.5  |  |   |
| 55. <b>ethanol consumption in france/ireland</b>   | 10.8   |  |   |
| 56. <b>country with the highest number of alcoholics?</b>  | Russia (14%)   |  |   |