

What Do I Know About Alcohol?

A Self-Assessment Quiz The Answers

- 1. Alcohol is a stimulant drug** **False**
Alcohol lowers central nervous system activity, thus slowing down the brain and body. Inhibitions also become lowered, making people more relaxed, leading some to do or say things that they wouldn't normally while sober.
- 2. Mixing drinks makes you more drunk** **False**
Mixing drinks won't necessarily make you more drunk, but it may make you feel sick. Plus, it's much harder to keep track of how much you've drunk.
- 3. Drinking warms you up** **False**
Alcohol widens blood vessels close to the skin, causing more blood to be closer to the surface. This may initially make you feel warmer but it actually causes you to lose heat and reduce your core body temperature. A lowering of your core body temperature by 2 degrees causes hypothermia.
- 4. After a few drinks, people around you look more attractive** **True**
Scientists have found proof of the beer-goggle effect! Researchers found that men and women who have drunk a moderate amount find the faces of the opposite sex 25% more attractive. With alcohol lowering inhibitions, this generally results in increased sexual behaviour.
- 5. Women can't drink as much as men** **True**
Women have an average total body water content of 52%, whereas in men it is 62%. This means men have a better ability to dilute alcohol and need to drink more to achieve the same blood alcohol level. Girls also have less hydrogenase, an enzyme that breaks down alcohol. The final blow is that they get drunk faster still while they are suffering from PMS.
- 6. Drinking water with alcohol helps prevent hangovers** **True**
Drinking water in between glasses of wine or beer helps to combat the dehydrating effects of alcohol that contribute to hangovers. It also helps to reduce the number of drinks consumed in an evening.
- 7. Drinking cheap wine gives you a worse hangover** **True**
Some cheap red wines contain methanol. When the liver breaks this compound down, it releases formic acid as a by-product. Scientists believe this molecule is the cause of severe hangover symptoms.
- 8. Drinking makes you fat and gives men a 'beer belly'** **False**
Despite the calorific content of alcoholic drinks, the vast majority of population studies shows that drinkers weigh the same as, or even less than, teetotallers. Scientists are still not sure why this should be the case. The beer belly is simply fat stored where men store fat best.
- 9. Alcoholism causes a 'whisky nose'** **False**
The condition of rhinophyma, which causes a red bulbous nose, has very little to do with alcohol consumption. It is the latter stages of a skin condition called rosacea that commonly affects adults over 40. Women are more likely to suffer from rosacea than men, but the advanced stage is more common in males.
- 10. It is illegal to drink alcohol under the age of 18** **False**

It is not illegal to drink alcohol at any age. It is illegal to give alcohol to a child under the age of 5. People aged 5 and over can drink alcohol, for example at home. It is illegal to supply alcohol to a person under 18 on licensed premises, if they are not having a meal. It is illegal to supply alcohol to a person under 18 from an off-licence.