



BRIDGEWATER

STATE UNIVERSITY

Dear Students,

Locally and nationally, increasing numbers of students are being transported to the hospital with alcohol poisoning as the result of drinking energy drinks mixed with alcohol or by drinking premixed, canned caffeinated alcoholic beverages, such as Four Loko. According to the National Institutes of Health, caffeine masks the depressant effect of alcohol, and instead of tiring and naturally reducing alcohol consumption, the drinker may continue drinking, dangerously unaware of the depth of their intoxication.

Caffeinated alcoholic beverages provide the potential to drink a greater volume in a shorter time period, and in the worst case scenario, leads to alcohol poisoning (and possible death) or at the very least, produces a drunk who is wide awake and overestimates sobriety.

Drinkers, who consume alcohol with energy drinks when compared to drinkers who do not mix alcohol with energy drinks, report that they are:

- Twice as likely to ride with a driver who is under the influence of alcohol
- Twice as likely to report being sexually taken advantage of
- Twice as likely to report taking advantage of someone else  
(Centers for Disease Control and Prevention)

## **We urge you to not to mix energy drinks with alcohol and to avoid caffeinated alcoholic beverages.**

People have been found dead the morning after an alcohol poisoning incident with words and drawings in permanent marker on their faces and bodies. Others took the time to draw on the person who was passed out when they should have been calling for medical assistance. If you have a friend who has been drinking and is confused, vomiting, breathing slowly (less than 8 breaths/minute), has blue or pale skin, or low body temperature, GET HELP!! It is not necessary for all of these symptoms to be present before you seek help. A person who is unconscious or can't be roused is at risk of dying (Mayo Clinic).

### **For further information:**

Caffeinated alcoholic beverage fact sheet:  
[www.cdc.gov/alcohol/fact-sheets/cab.htm](http://www.cdc.gov/alcohol/fact-sheets/cab.htm)

The signs and symptoms of alcohol poisoning:  
<http://www.mayoclinic.com/health/alcohol-poisoning/DS00861/DSECTION=symptoms>

Recent news story  
[www.nlm.nih.gov/medlineplus/news/fullstory\\_104910.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_104910.html)

Health Services and the Counseling Center  
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