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Husky headlines: May 2012

Northeastern University - Office of Prevention and Education at Northeastern

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Husky Headlines



A monthly bulletin of news, facts & tips from OPEN

ALCOHOL & DEHYDRATION

When drinking alcohol in the summer, individuals are at a higher risk of experiencing alcohol dehydration. Alcohol dehydration is when the body is dehydrated due to alcohol. This occurs when the water stored in one's body is depleted due to it being used to help process alcohol to get it out of the body's system.

Factors that contribute to alcohol dehydration in the summer are:

Sunny, warm weather

Increased sweating & perspiration

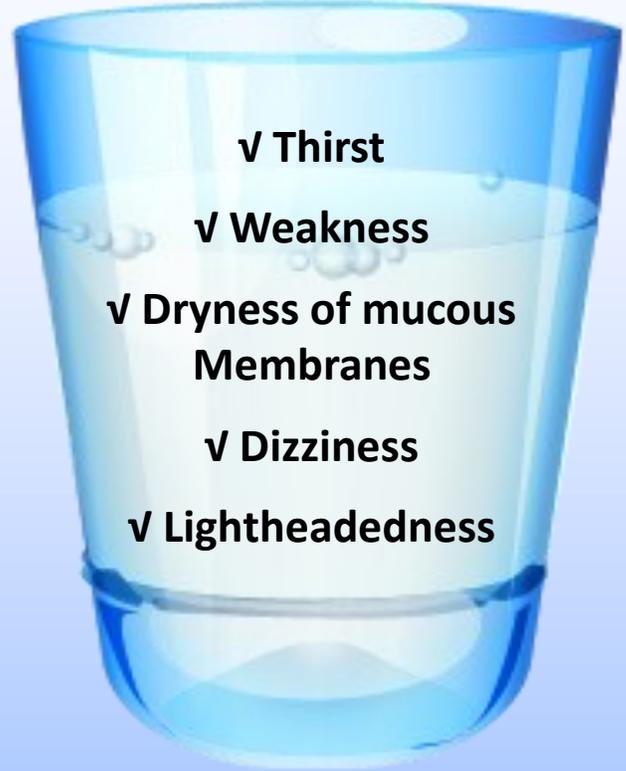
Caffeine intake

Did you know that consuming alcohol when dehydrated can effect you differently?

When an individual is dehydrated and has a lack of water stored in the body, alcohol is processed at a much slower rate. This can lead to:

- ⇒ **Higher BAC levels**
- ⇒ **Worsened hangover**
- ⇒ **Vomiting**
- ⇒ **Remaining intoxicated longer**

Symptoms of Alcohol Dehydration Include:



Looking for fun things to do in Boston this summer that do not involve alcohol or other drugs?

Check out: Hammered.org.

HAMMERED.ORG
Fun without the hangover.

Hammered.org digs through the pub crawls, happy hours and beer pong tournaments to find fun events in and around the city that are substance free.

Hammered.org demonstrates that you can live one night of your weekend, your entire life, or anytime in between without alcohol and other drugs.

The Office of Prevention and Education at Northeastern, (O.P.E.N.) is an available resource for students throughout the entire summer. Please feel free to call/email us for a personalized alcohol check-in.