

ADA Funded Regional Support Center Substance Abuse Prevention Program

The No Network & Community 2000

Family Counseling Center

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Men & Alcohol

On average, men drink alcohol more than women and suffer more of its ill effects as a result. Alcohol is the same whether the beverage is wine, beer, or hard liquor. The only thing that changes is the concentration of alcohol in the beverage. Beverage alcohol is a drug that depresses the central nervous system like sedatives and anesthetics. Depending on how much a person ingests, sedation can be manifested in many ways including weakened muscles, slurred speech, hazy thinking, slowed reaction time, impaired vision, fogged memory, and sexual impotence. Some people think that alcohol is a stimulant because people who drink seem less socially inhibited and appear more free and animated. This is a common misconception because this increased animation is a result of the sedation in the brain including decreased self-inhibition, impaired judgment, and reduced self control. Alcohol is also classified as a food because it contains calories. The average drink has about the same calorie count as a large potato, unlike a potatoe or any other food, alcohol has no nutritional value. The calories are therefore empty and can contribute to weight gain (beer belly).

When blood alcohol concentrations reach very high levels, the brain's control over the respiratory system may be paralyzed.

Alcohol intensifies emotions and affects our judgment. It can make people aggressive!

Alcohol & Sex

Research has shown that the sexual effects of alcohol are different for men and women. This is likely the result of both physical and social differences in the way women's bodies and men's bodies react to alcohol and respond sexually. Not surprisingly, the amount of alcohol consumed, and how often a man drinks, has an impact on whether there will be negative sexual effects of alcohol for men. Most of the research in this area has been with men who are, or were, alcoholics. Sexual effects in these studies include:

- Increased sexual aggression
- Reduced sexual desire
- Infertility

