What's the Cost?
Of Binge Drinking

- Increases risk of stroke for men
- Linked to fights, accidents, and concussions
- Leads to increase blood pressure in men
- Related to alcohol poisoning and death
- Impairs new learning & memory
- Linked to increased depression, hopelessness and suicidal thoughts and attempts
- Linked to delay in recovery from illness
- Increases empty calories causing fat buildup
- Linked to sexual dysfunction and sexually transmitted diseases
- Impairs body's ability to respond to stress into adulthood

Binge Drinking:
- Drinking 5 or more alcoholic drinks on the same occasion

http://counseling.cofc.edu/