

# Glossary

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## ALCOHOL

### A

**alcohol** the drug in wine, beer, and liquor that causes intoxication

**alcohol abuse** drinking too much alcohol, drinking it too often, or drinking it at inappropriate times

**alcoholism** a disease that causes a person to lose control of his or her drinking behavior; a physical and emotional addiction to alcohol

### B

**binge drinking** the act of drinking five or more drinks in one sitting

**blood alcohol concentration (BAC)** the amount of alcohol in a person's blood, expressed as a percentage

### C

**cirrhosis** (suh ROH sis) a deadly disease that replaces healthy liver tissue with scar tissue; most often caused by long-term alcohol abuse

**codependency** a condition in which a family member or friend sacrifices his or her own needs to meet the needs of an addict

### D

**designated driver** a person who chooses not to drink alcohol in a social setting so that he or she can safely drive himself or herself and others

### E

**enabling** helping an addict avoid the negative consequences of his or her behavior

### F

**fetal alcohol syndrome (FAS)** a set of physical and mental defects that affect a fetus that has been exposed to alcohol because of the mother's consumption of alcohol during pregnancy

### I

**intoxication** the physical and mental changes produced by drinking alcohol