

Alcohol and Caffeine

A Lethal Combo.

You probably already know about the short-term effects of alcohol: drowsiness, slurred speech, blurry vision, and impaired judgment. Still, you might not be aware of the long-term effects that alcohol can have on your brain, which include:

- Permanent memory loss
- Shrinking of the brain
- Impaired learning and thinking
- Damage to the Dendrites (the nerve cells that help your brain communicate with your body)

Something you might not know, however, is that Caffeine is a drug, just like alcohol. Like any drug, caffeine has unpleasant side effects, like:

- Insomnia
- Tremors
- Nausea
- Sweating
- Diarrhea
- Vomiting

“When you mix alcohol with caffeine, you’re dealing yourself a double dose of Danger”



For more information offered by the UGA Police Department Crime Prevention Unit or for more safety tips visit us on the web at

www.police.uga.edu



Alcohol and Energy Drinks Mixtures

THE UNIVERSITY OF
GEORGIA POLICE
DEPARTMENT

EMERGENCY: 911

NON-EMERGENCY:
706-542-2200

Ups and Downs

The mixed-up Consequences of Alcohol and Energy Drinks.

What do you get when you mix the slow-down effects of a depressant with a jolt of energy from a stimulant? Answer: A very confused body and mind. You're drunk, at the same time, you feel really awake. You might be less coordinated and have a delayed reaction time from the alcohol you just consumed, but the caffeine will make you feel Super Awake and jittery.

You're experiencing "Wide-Awake Drunk" which is a feeling that most people get when they drink an alcohol and energy drink (AED) combo. This feeling can be **Deadly!** People who drink AEDs don't feel drunk because of the caffeine, but they're far from sober and they're more likely to take big risks and make decisions, such as:

- **Drunk driving**
- **Unprotected sex**
- **Binge drinking**
- **Drug abuse**

**Remember:
You Call the
Shots!**

**Don't be pressured into
taking that drink!**



Confusion in a Can.

The physical Effects of Mixing Energy Drinks and Alcohol.

You already know that it's illegal to drink alcohol when you're underage, and you probably know that it's dangerous too, however, did you know that mixing alcohol with Caffeine can make it even more **Dangerous?**

It's all about the chemistry between these two drugs. Because alcohol is a depressant it makes your whole body slow down. It makes your heart rate drop, it clouds your judgment and it impairs your reflexes. Many people begin to feel sleepy after drinking alcohol; that's your body's way of telling you it's time to stop!

On the other hand, Caffeine is a stimulant. That means consuming caffeine will make you jittery, increase your heart rate and make you super awake. If you've ever had too much coffee, then you know the feeling. Basically, caffeine makes you feel the opposite of drunk.

When you drink alcohol combined with caffeine, your body gets all these side effects at once. This can be a very dangerous situation.

"College students need to be aware of the risk of these beverages."

Cecile A. Marczynski, assistant professor of psychology at Northern Kentucky University

"Bull Blasters" and Beyond Names for alcohol and energy drink combos

Even though they're dangerous, alcohol and energy drink combinations are pretty common. In general, they're called "Speed-Balls", or "AEDs" and some bars serve specific alcohol/ energy drink mixers called "Bull Blasters", "Bull-Graites", or "Jager Bombs". All of these drinks are made from a mixture of alcohol and energy drinks.

In November of 2010, the Food and Drug Administration banned the sale of energy drinks that already contained alcohol. These drinks have now been removed from retail shelves nationwide after they were deemed very dangerous to consume, and were even linked to many hospitalizations and deaths.