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Blood Alcohol Content is the concentration of alcohol in your body. However, you should never rely on just counting and pacing your drinks, but consider the following factors to keep your BAC level below .08:



Alcohol is highly water soluble. Because women generally have a lower water content in their bodies than men, they usually reach a higher BAC if they consume alcohol at a similar rate to their male counterparts, even if they are the same age and weight.



If you drink alcohol on a full stomach, your BAC will be lower than a person who drinks on an empty stomach.



As you age, the intoxicating effects of alcohol increase due to the reduction of total body water content as we age.



A lower body weight makes for a higher concentration of alcohol in the body. Alcohol is absorbed by muscle, not fat, so the higher the percentage of body fat, the higher the BAC will be.



Stress can cause your body to slow down the rate of absorption into your body. However, when you calm down you may experience a surge in absorption, which will increase your BAC.



Many medications react negatively with alcohol, including cold and allergy pills and prescription drugs. They can intensify the effects of alcohol and even damage your health. Check product labels for alcohol warnings.



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