

Discussion 3: alcohol

[Health & Medicine](#)



Discussion 3: Alcohol Question The table below shows Sean’s list of alcohol beverages that he consumes in an average week.

Beverage

Serving Amount

(ounce)

Average

(calories)

Average Drinks Per Week

Monthly

Subtotal

Calories

Beer

Regular

12

149

3, 576

Light

12

110

880

Distilled (80 proof)

Gin, rum, vodka, whisky, tequila

1. 0

65

260

Brandy, cognac

<https://assignbuster.com/discussion-3-alcohol/>

1. 0

65

260

Liqueurs (Drambuie, Cointreau, Kahlua)

1. 5

188

Wine

Red

4

80

640

Dry white

4

75

300

Sweet

4

105

Sherry

2

75

Port

2

90

Champagne

4

84

336

Vermouth, sweet

3

140

Vermouth, dry

3

105

Cocktails

Martini

3. 5

140

1, 120

Manhattan

3. 5

164

Daiquiri

4

122

Whiskey sour

3

122

Margarita cocktail

4

168

1, 344

<https://assignbuster.com/discussion-3-alcohol/>

Coolers

6

150

Monthly Total

8, 716 Calories

Yearly Total

104, 592 Calories

The total number of calories that Sean consumes in a month is 8, 716 calories and total number of calories that he consumes in a year is 104, 592 calories.

One pound of fat = 3500 calories, 8, 716 =? And 104, 592 =?

Monthly fat pounds = $8716/3500 = 2.49$ fat pounds

Yearly fat pounds = $104,592/3500 = 29.88$ fat pounds.

Question 2

a.

Alcohol is a leading agent that causes strokes among people, even in the absence of coronary heart disease. Needless to say, alcohol aggravates heart problems that trigger strokes such as arrhythmias, hypertension and cardiomyopathy.

Alcohol also causes blood pressure by triggering the production of certain hormones that narrow blood vessels. Alcohol also affects the operation of body muscles in blood vessels, therefore, resulting to constriction of the blood vessels (College Drinking 1).

Consumption of alcohol over a long period dampens the heart muscles resulting to a heart condition referred as alcoholic cardiomyopathy. A weak heart sags and elongates and makes contraction difficult. Therefore, the <https://assignbuster.com/discussion-3-alcohol/>

heart fails to pump adequate blood to satisfactorily sustain the organs (College Drinking 1). Blood contains nutrients, and contraction can affect the nutrient needs of the organs. Notably, the low blood flow causes severe damage or failure of the organs. Additionally, long-term drinking of alcohol can determine the rate of heart beat. The heart relies upon an internal pacemaker system to sustain its consistent pumping at an appropriate rate. Alcohol then disrupts this pacemaker system and triggers the heart to beat faster or erratically (College Drinking 1).

b.

There once lived a couple, Liam and Lillian, a block away. Mark had a drinking problem, but Lillian did not have a clue till when they moved in together. They occasionally drunk during weekends, and Lillian thought they were just a normal couple who would occasionally drink with their friends. Everyday Lillian would find empty bottles of whisky behind the book shelves, and Liam would brush it off by saying that the bottles had been there for a while and had always forgotten to take them to the dustbin. The couple got married, and a year later Lillian discovered 82 bottles of cider in their backyard. The couple quarrelled about it. Liam's alcoholism had gotten worse, and Lillian had to take control of the finances. Liam started to sell stuff in the house in order to satisfy his alcohol thirst. A year later, Liam was diagnosed with hypertension, liver cirrhosis, and his kidneys were failing. He became too weak to even get out of bed and was not in a position to do any work. However, he still continued drinking. His body would not hold it anymore, and he succumbed to liver failure.

Works Cited

College Drinking. " Interactive Body: Trace the Flow of Alcohol Through Your
<https://assignbuster.com/discussion-3-alcohol/>

Body." Research about Alcohol and College Drinking Prevention. N. p., Jan. 2014. Web. 3 Aug. 2014.