WELCOME MAVERICKS!

Take A Shot Q&A is a new, weekly column committed to answering your questions and concerns regarding substance use. Our goal is to provide Maverick readers with accurate information and address myths, while providing you interesting facts about various types of substance use.

Here’s how it works: Take A Shot Q&A answers REAL questions from actual Minnesota State University, Mankato students.

**Q.** How did I blackout after only three mixed drinks?

**A.** Ever wonder how your night went from sober to sauced when you only had a few drinks? Many people are surprised to learn their “one glass” of beer, wine or mixed drink is actually multiple standard drinks.

Did you know that a measly ounce and a half of hard liquor contains the exact same amount of pure alcohol as a full 12 oz. can of beer? How about that 16 oz. wine glass your mom fills only half full. Did you know she’s actually consuming the same amount of alcohol as if she had polished off two 12 oz. beers? That’s because a standard drink is any drink that contains about .6 oz. of pure alcohol.

So, let’s put this into perspective. You get home to find your roommates are sh*tfaced. You grab a solo cup and mix yourself a strong drink to catch-up (50% liquor, 50% pop). After watching this sloppy mess unfold for a few minutes, you slam your drink and mix another, then another. After just three drinks in one hour you’re just as sloppy as the rest. How did this happen so quickly?

Consuming more than the liver can metabolize (about 1 drink/hour) causes excess alcohol to accumulate in your blood until it can be processed. What’s even more tricky, alcohol has a delayed onset, meaning you don’t feel the full effects of alcohol until about 30-40 minutes later. At this rate of consumption, you can essentially go from sober to black out drunk in less than an hour.

**MAYFACT:** 61% of MSU students keep track of many drinks they consume. (NCHA, 2014)

GOT A QUESTION about substance use? Email it to tashotshot@msu.edu

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Student Health Services