

# BERGEN NEW JERSEY *County*

*Bergen County Executive*  
**James J. Tedesco III**  
*and the*  
**Board of Chosen Freeholders**

1. Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.
2. Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.
3. Co-occurring disorders are particular problems that often affect people who also suffer from alcohol abuse or dependence. These can include psychiatric problems like anxiety or depression, abuse of other drugs, as well as other illnesses such as HIV/AIDS.
4. Adults over age 65 who are healthy and do not take medications should not have more than: 3 drinks on a given day, 7 drinks in a week.
5. Problem drinking that becomes severe is given the medical diagnosis of “alcohol use disorder” or AUD. AUD is a chronic relapsing brain disease characterized by compulsive alcohol use, loss of control over alcohol intake, and a negative emotional state when not using.

## Binge Drinking and Alcohol Poisoning



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- Binge drinking is the consumption of large amounts of alcohol in a short period of time
- Alcohol poisoning occurs when a high BAC suppresses the central nervous system
- Extreme cases can lead to permanent brain damage or death

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