

**HEALTH ADVISORY:**  
*DANGERS OF ALCOHOL & ENERGY DRINKS*

The following message is a joint Health Advisory from the Rowan University Student Health Center and the Counseling and Psychological Services Center regarding the hazards of consuming drinks which combine alcohol and caffeine, ginseng, guarana, and other additives. Consuming alcohol mixed energy drinks can result in the following risks:

- Caffeine masks the depressant effects of alcohol, significantly impairing judgement.
- This combination of substances prevents people from feeling the full effects of the alcohol consumed, resulting in increased drinking and increased risk behaviors including driving while intoxicated and risk for sexual assault.
- Alcohol mixed energy drinks increases the risk of alcohol poisoning, resulting in hospitalization or even death.
- Caffeine and alcohol are both diuretics, and this combination increases the risks of dehydration.
- Caffeine alone can cause nervousness, irritability, restlessness, nausea, fast/irregular heartbeat, muscle tremors, anxiety and headaches.
- Alcohol mixed energy drinks are very high calorie amount.

The sizes and formulations of alcohol and energy drinks vary, making it hard to know how much alcohol is being consumed. The usual ways of counting one standard drink (12 oz. of beer, 5 oz. of wine, 1.5 oz. of hard liquor) may not apply.

**What you can do:**

- **Choose not to purchase or consume an alcohol mixed energy drink**
- **Know what is in your beverage**
- **Know your limit – find out what your blood alcohol content might be after one alcohol mixed energy drink**
- **Do not be an idle bystander – intervene if you see someone who has had too much to drink**
- **Call 911 if you are concerned about alcohol poisoning or overdose**

The increased availability of these beverages has been a serious cause for concern in the national college health community. Please protect yourself and those around you. If you choose to drink and are of legal drinking age, always know what and how much you are drinking.

If you have any questions, please contact:

Student Health Center: 856-256-4333  
Counseling and Psychological Services Center: 856-256-4222  
Center for Addiction Studies and Awareness: 856-863-2175

Additional Resources

<http://teens.drugabuse.gov/>  
<http://www.collegedrinkingprevention.gov/CollegeStudents/Default.aspx>

Sincerely,

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