



Recommended Resources for Video: Caregivers: Brain Function & Effects of Heavy Drinking

Overview: Executive functioning and decision-making suffers when alcohol influences brain pathways and may lead to addiction. Heavy drinking is defined as 8 or more drinks a week for women, 15 or more for men. If you are finding yourself impaired on a regular basis, please seek help for healthier alternatives.

Resources: [http://www.umd.edu/ocrsm/files/Alcohol & GenderDifferences.pdf](http://www.umd.edu/ocrsm/files/Alcohol%20&%20GenderDifferences.pdf)

<http://www.cdc.gov/alcohol/faqs.htm>

<http://pubs.niaaa.nih.gov/publications/aa63/aa63.htm>

<http://science.howstuffworks.com/life/inside-the-mind/human-brain/alcoholism4.htm>

http://www.brainline.org/content/2009/03/substance-abuse-and-traumatic-brain-injury_pageall.html

<http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>

<http://www.wsj.com/articles/the-effects-of-chronic-heavy-drinking-on-brain-function-are-underdiagnosed-1450722803>

http://www.aa.org/pages/en_US/index

Videos: <https://www.youtube.com/watch?v=6ovJ55vZSF8>

TBI/Alcohol <https://www.ausmed.com/articles/alcohol-related-brain-injury/>

Sexual Effects <https://www.youtube.com/watch?v=0VKJOWLUEOQ>

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