



Poison HOTLINE

Partnership between UnityPoint Health and
University of Iowa Hospitals and Clinics

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Did you know

Melatonin is marketed as a dietary supplement and therefore is not required to be evaluated or approved by the Food and Drug Association (FDA). Melatonin is naturally produced in the brain's pineal gland and is secreted at night to aid in the induction of sleep and regulation of the sleep cycle. It is also available over-the-counter in tablet form and commonly used for sleep disorders.

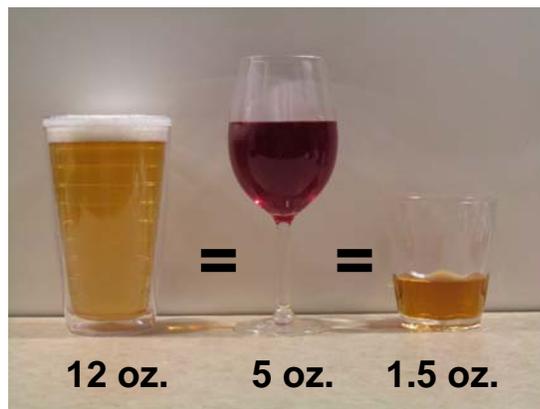
Melatonin has a wide margin of safety when used therapeutically. An overdose of melatonin is not expected to result in significant toxicity, however symptoms may include lethargy, confusion, agitation, ataxia, headache, slurred speech, and possible hallucinations and nightmares.

Alcohol is Alcohol

People often think there is less risk in drinking beer or wine than in drinking liquor, either straight shots or in a mixed drink. The percentage of alcohol in beer is about 5%, wine is about 12% and liquor typically ranges from 40 to 50%. A few liquors are as high as 75% alcohol. Because the percentage of alcohol is different, the standard serving size of each type of alcoholic beverage is also different: beer is a 12 ounce serving, wine is a 5 ounce serving and 80-proof liquor is a 1.5 ounce serving. Therefore, these standard size servings (12 oz. beer, 5 oz. wine and 1.5 oz. liquor) contain the **same amount of alcohol** and are considered to be "drink equivalents"—equivalent in the amount of alcohol in each drink.

Another way of specifying the amount of alcohol in a beverage is alcohol proof, which in the United States is twice the alcohol-by-volume number. So, most vodkas are 40% alcohol by volume (ABV) which is the same as 80 proof.

By knowing the facts of alcohol equivalence people won't be fooled by the myth that drinking "hard liquor" leads more quickly to intoxication than by drinking other alcoholic beverages. Alcohol is alcohol and a drink is a drink. Consuming the same number of drinks of beer or wine or liquor in the same amount of time will cause the same degree of intoxication. Whether it's beer, wine or liquor, it is all the same to a breathalyzer. It's not what people drink but how much they drink that counts.



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POISON
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