

HANGOVER

Ah yes, the morning after ... pull those blinds down ... in spite of all your useless efforts to sober up last night, you have a wicked hangover. If you drink too much, there is a good chance you are going to suffer the effects of the "morning after the night before."

There are a lot of theories about why hangovers occur, but there is no simple explanation ... so here are some of the not-so-simple ones. An accumulation of acetaldehyde ... dehydration of the tissues ... depletion of important enzyme systems needed to maintain routine functioning ... metabolism of different types of alcohol beverages. There are also these things called "congeners," which are the natural by-products of the fermentation and preparation of alcohol beverages. Congeners are responsible for the different smells, tastes, and colors of alcohol beverages. Many believe that the reactions different people have to these congeners might have something to do with the potential hangover effect. Whew!

MORE

HANGOVER (continued)

You'll need rest and time for recovery. For most college students, rest and time are two things not often in your daily schedule. A lot of students who drink too much and wake up with hangovers end up suffering academically ... skipping classes, blowing off assignments and ultimately winding up with poor grades.

And if you don't have a hangover after a night of excessive drinking, you may exhibit risk factors that suggest a very serious problem.

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