

Montclair State University Counseling and Psychological Services (CAPS)

WHAT AFFECTS MY BAC?

- Your body is made up of about **6** quarts (or **5.6** liters) of blood.
- BAC is recorded in milligrams of alcohol in **100** milliliters of blood.
- A BAC of **0.10** means that **1/10** of **1** percent of your total blood is alcohol.
- This means that **1/1000** of your total blood content is alcohol. This is about **5** milliliters or a quarter of a one-quart milk container.

Your BAC is estimated to be [Error! Not a valid link.](#)

Your actual BAC is a function of:

- Your bodyweight
 - The more you weigh, the more blood and water you have to dilute alcohol
 - The less you weight, the less you can dilute alcohol
- Your gender
 - Men often have more body weight to dilute alcohol
 - Women typically have up **70% to 80%** less of a stomach enzyme (**alcohol dehydrogenase**), which aids in the metabolism of alcohol before it enters the bloodstream
 - Fluctuations in hormones (related to a woman's menstrual cycle) will also affect one's BAC. **One week before** and **one week after** menstruating women are likely to stay intoxicated for longer periods of time
 - Increases in estrogen whether related to one's natural cycle or oral contraceptives (birth control pills) will likely lead to longer periods of peak intoxication than they would otherwise



· **How much time you spend drinking – from your first to your last sip**

The information provided is for educational purposes only and in should not substitute consultation with a trained professional.

Counseling and Psychological Services
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