

# the RED CUP Q&A

separating alcohol fact from fiction

wildfact

Because of the protective nature of his powers, Captain America can't get drunk.

## Why does alcohol make some people more aggressive?

(SPECIAL MARVEL FANBOY/GIRL EDITION!)

So your roommate has been “Hulking Out” when drinking, and not in that good *Avengers* movie kinda way?

While the majority of people who consume alcohol tend to just act friendlier, a small percent become emotionally dramatic, physically aggressive, or both. Totally a buzz kill at the party, right?! Just like that drunken fight scene with an overly intoxicated Tony Stark in *Iron Man 2*.

We at Red Cup Q&A Headquarters could easily predict that when such intense behaviors occur, that person probably zipped – as fast as Quicksilver – right past their Sweet Spot (.05% BAC or less). Beyond the Sweet Spot, the limbic system (that part of your brain responsible for memory and emotions) becomes

subjected to exaggerated expressions of emotions like sadness, anger, and aggression. (Think, “HULK SMASH!”)

Another part of your brain, the cerebral cortex, also becomes affected and you can no longer count on having good judgment or thinking clearly. Even wearing Professor X's Cerebro Helmet won't be able to help you. This is particularly true for those that have tendencies to be more aggressive, difficulty controlling impulses, or not understanding the consequences of their behavior on others or their future, even when sober.

Bottom line, when it comes to drinking, be less like Wolverine and more like Groot. Oh, and stay in your Sweet Spot!

‘Nuff Said!

Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



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The Red Cup Q&A is written by Lynn Reyes, LCSW, LISAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, Spencer Gorin, RN, and Christiana Castillo, MPH, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.