

# BINGE DRINKING

## When fun goes bad...

By Kelsey Marineau  
October 27, 2009

Tampa, Fla.- Nick Delaney may not have missed much at last weekend's football game against Pittsburg, but waking up in the hospital was something he was not prepared for.

Delaney is a student at the University of South Florida. When invited by friend Marcos Garcia to make a trip to Pittsburg to go to USF's football game he grabbed at the chance. It started off as good fun; running to liquor stores to grab some pre-game drinks and getting the beer pong table into the back of the truck.

Kick off was at noon. Delaney and Garcia entered the stadium parking lot at nine in the morning ready to party. Other USF fans joined their tailgate as the drinking games like beer pong and flip cup commenced. It wasn't until a friendly game of power hour started that the terror occurred.

Power hour is a game where participants drink a shot of beer every minute for one hour. Delaney got to 54 minutes when he passed out.

"Everyone started laughing, calling him a "light-weight" and stuff. No one really thought anything serious of it," Garcia said.

The group decided to move Delaney out of the way and laid him on the bed of the truck. He was out for 20 minutes when he started throwing up.

"He was still passed out. We couldn't wake him up, but he kept throwing up everywhere... I got scared at that point," Garcia recalled.

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Garcia called 9-1-1 and was told to rush him to the hospital for possible alcohol poisoning.

Alcohol poisoning is the most life-threatening consequence for the act of binge drinking Delaney took part in. Jennifer Fuller, health learning facilitator at USF's Counseling Center, said that when someone gets alcohol poisoning the body loses control of involuntary actions such as breathing and the gag reflex. Losing control of these functions can cause someone to asphyxiate or die choking on his or her own vomit.

Luckily, Delaney did not die, but the hospital did detect some irreversible brain damage.

"If I could redo things of course I would do them different, but I feel very lucky to have gotten away with what I have. Students don't know the effects drinking can have... I didn't know. I owe Marcos my life for taking the time to call 9-1-1 and take me to the hospital. Most people would have just turned me on my side and left me to sleep it off," Delaney said.

Binge drinking is a problem that has been reported at traditional four-year universities all over the U.S. USF's Student Health Services, Counseling Center and Center for Addiction and Substance Abuse strive to help and inform students of the risks of binge drinking. Delaney is not the only person to have suffered the effects of binge drinking, but he hopes his story can save others from the same dismay.

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For more information on binge drinking please contact USF health services at (813) 974-2331 or visit their website at [www.shs.usf.edu](http://www.shs.usf.edu).

