



## Alcohol Misuse & Lungs: When Superheroes Lose Their Superpowers



With Guest Speaker:  
Samantha Yeligar, MS, PhD

**"How much alcohol is 'safe' to drink?" "Alcohol affects the lungs???" "How?"** In this Science Tales and Trails, you'll discover the answers to these questions and more! Check out the Fulton County Library System for further learning!

### Alcohol - Social Lubricant or Drug of Abuse?

by Thad A. Polk  
(Movie on Kanopy)

Alcohol is often discussed separately from other drugs, but as you'll discover in this lecture, alcohol affects the human body in many of the same ways. Take a close look at your brain on alcohol to explore dependence, withdrawal, and genetic susceptibility. Then review several treatment options for alcohol abuse.

### To a Lung and Healthy Life

by Mehmet C. Oz & Michael F. Roizen  
(eBook on Hoopla)

The book opens with a quiz, "How Well Do You Know Your Body?," which sets the stage for the following chapters. After taking the quiz, you'll learn about all of your blood-pumping, food-digesting, and keys-remembering systems and organs, including the heart, brain, lungs, immune system, bones, and sensory organs. Each chapter also contains common myths of the particular body part that the authors will debunk. Just as important, you'll get the facts and advice you need to keep your body running long and strong.

### Cardiovascular and Respiratory Systems

by Tommy Mitchell  
(eBook on Hoopla)

From the level of the cell to the organs themselves, this title will examine these systems in depth. Here you will learn: the incredible design of the human heart and how it is really "two pumps in one," how blood moves through an incredible network of arteries and veins, what "blood pressure" is and the marvelous systems that help regulate it.

### If Our Bodies Could Talk:

### A Guide to Operating and Maintaining a Human Body

by James Hamblin  
(eBook on Overdrive)

In this fascinating book, Hamblin, a medical doctor and senior editor at the Atlantic, discusses why stomachs rumble, how much sleep we need, what causes cancer, and many more questions about the plethora of human bodily functions. Drawing on his experiences creating a video series (with the same title) for the Atlantic, he combines his own medical knowledge with consultations with scientists and doctors in different fields.

### 10% Human

### How Your Body's Microbes Hold the Key to Health and Happiness

by Alanna Collen  
(eBook on Overdrive)

In this riveting book, biologist Alanna Collen draws on the latest scientific research to show how our personal colony of microbes influences our weight, our immune system, our mental health, and even our choice of partner. She argues that so many of our modern diseases—obesity, autism, mental illness, digestive disorders, allergies, autoimmunity afflictions, and even cancer—have their root in our failure to cherish our most fundamental and enduring relationship: that with our personal colony of microbes.

### Proof: The Science of Booze

by Adam Rogers  
(eBook on Overdrive)

This title takes us from bourbon country to the world's top gene-sequencing labs, introducing us to the bars, barflies, and evolving science at the heart of boozy technology. He chases the physics, biology, chemistry, and metallurgy that produce alcohol, and the psychology and neurobiology that make us want it.



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Email [Library.Outreach@fultoncountyga.gov](mailto:Library.Outreach@fultoncountyga.gov) for inquiries.

