FORENSIC TOXICOLOGY: FROM CRIME SCENE TO VIRTUAL LAB

MODULE 1 CHAPTER 4: ALCOHOL

Alcohol Consumption: Linked to Thousands of Cancer Cases in Canada in 2020

- The modelling study from the World Health Organization's International Agency for Research on Cancer (IARC)
- Even mild to moderate drinking poses risk of developing the disease in the future
- "...alcohol is a Class I carcinogen defined by IARC." (CAMH)

HEALTH | News

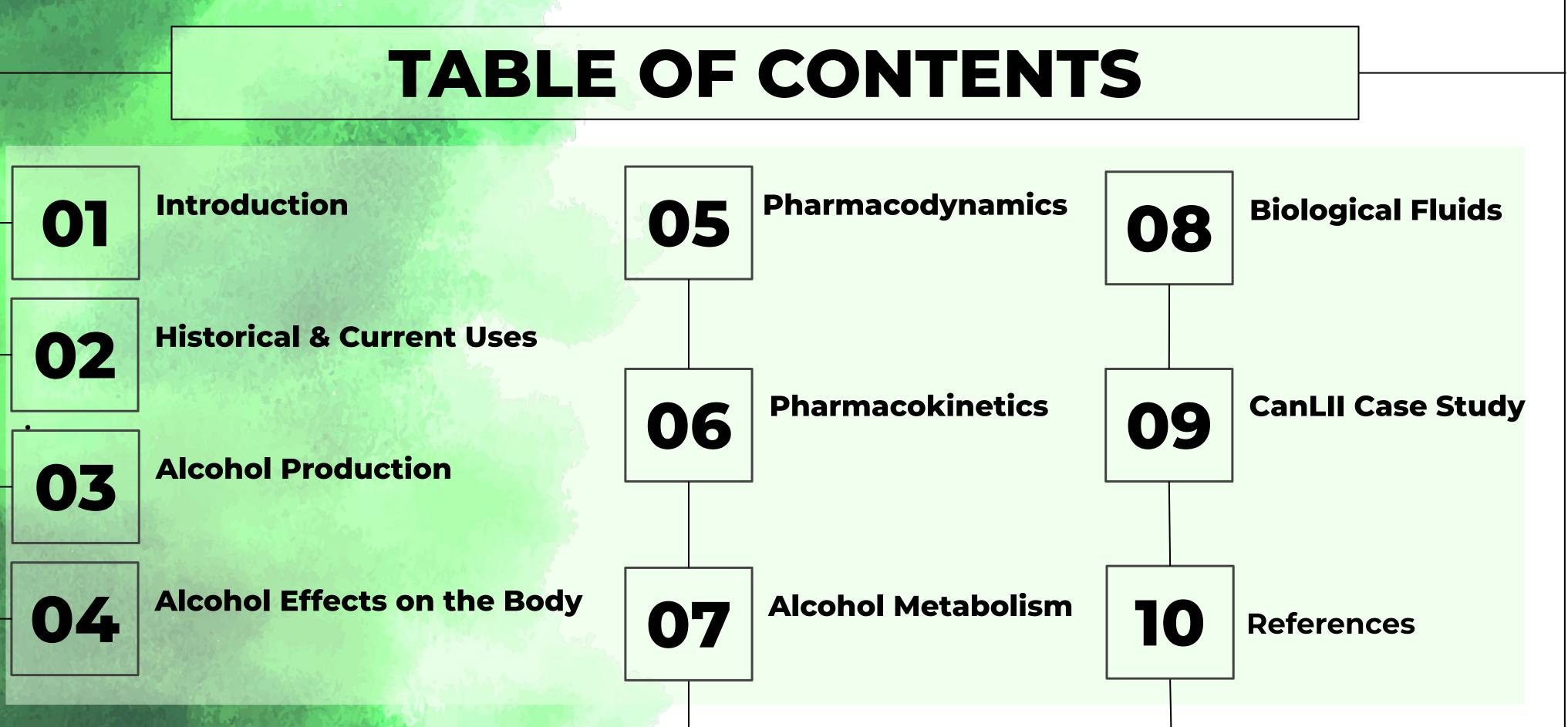
Alcohol consumption linked to thousands of cancer cases in Canada in 2020: study

Melissa Couto Zuber The Canadian Press Staff Contact

Published Wednesday, July 14, 2021 6:28PM EDT



A cocktail is made in Ottawa in this file photo dated April 11, 2015. THE CANADIAN PRESS/Justin Tang



01. INTRODUCTION

What is Alcohol?



WHAT IS ALCOHOL?

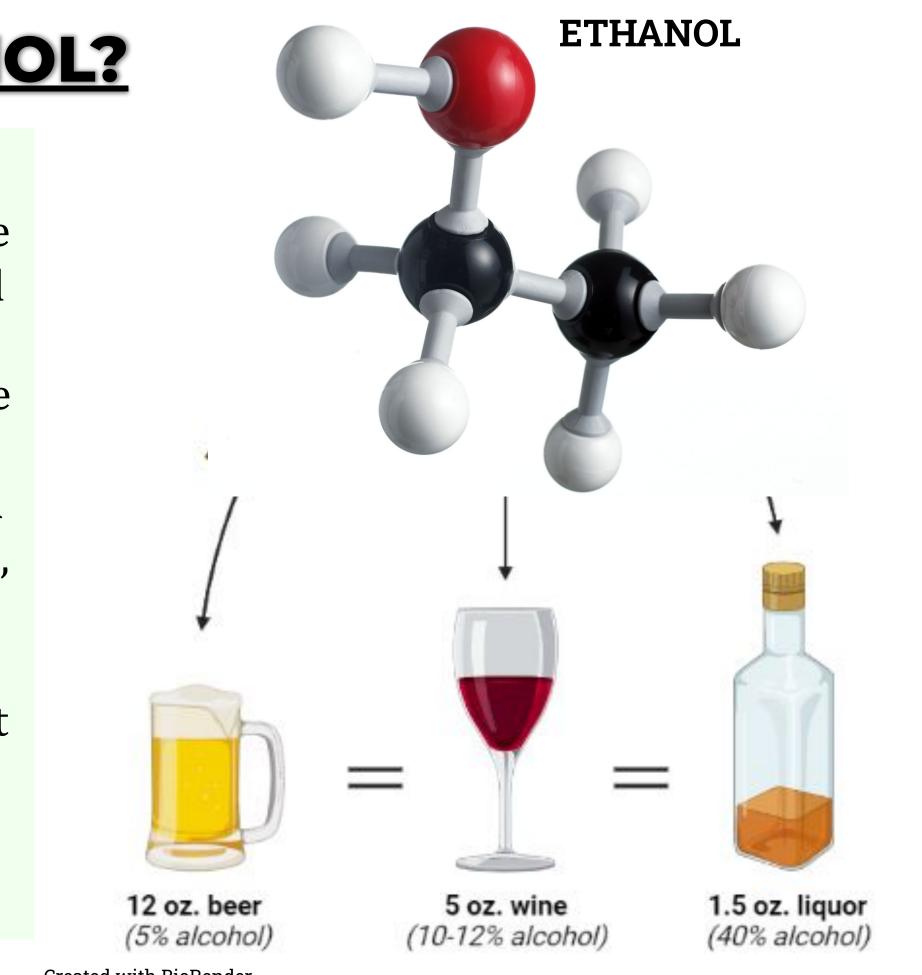
Alcohol

-Depressant that slows down parts of the brain that are responsible for behaviour, breathing, heart rate, and thinking.

-Legal in Canada, has many restrictions and should be consumed moderately.

-Originates from the **fermentation** or **distillation** process of different fruits, vegetables, or grains, including beer and wine.

Fermented: beer and wine, maximum alcohol content of 15% **Distilled**: liquor, spirits (rum, whisky, vodka), much higher alcohol content



Created with BioRender

Regulation of Alcohol

Alcoholic beverages are regulated under the provisions of the Safe Food for Canadians Act (SFCA), the Safe Food for Canadians Regulations (SFCR), and the Food and Drug Regulations (FDR).

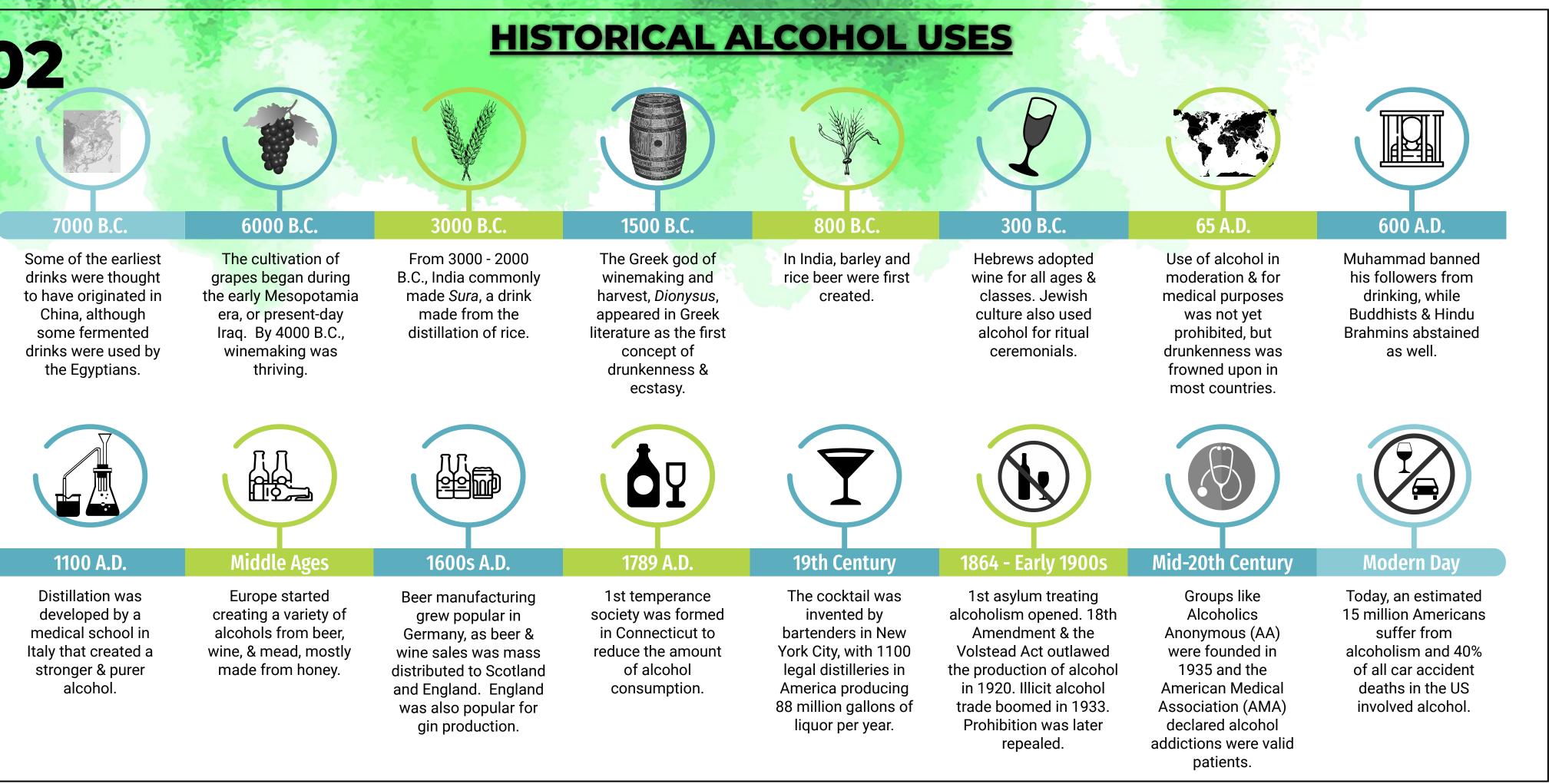
For selling between provinces, alcohol is subject to labeling restrictions under the Food and Drugs Act (FDA) and the FDR. Listed in Division 2 of Part B of the FDR are the following alcoholic beverages:

- → Whisky
- → Rum
- → Gin
- → Brandy
- → Liqueurs
- → Spirituous Cordials

- → Vodka
- → Tequila
- → Mezcal
- → Wine
- → Cider
- → Beer

Canadä		QI									
Justice Laws Website											
Home → Laws Website Home → C	onsolidated Regulations → C.R.	C., c. 870 - Table of Contents									
→ C.R.C., c. 870											
Food and Drug Regulations (C.R. Full Document: <u>HTML</u> (Accessibility Regulations are current to 2021	·······										
Previous Page Table of Contents Next Page											
Foods (continued))										
DIVISION 2 Alcoholic Beverages											
B.02.001 The foods referred to i SOR/93-145, s. 3(F).	n this Division are included in th	e term alcoholic beverage.									

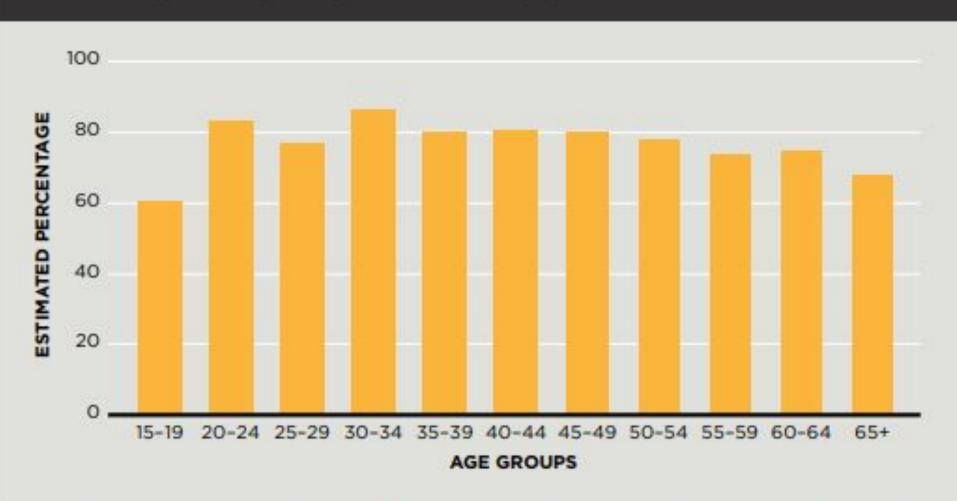
02. HISTORICAL & CURRENT USES



CURRENT USES OF ALCOHOL

In **2013**, an estimated **22 million Canadians** reported that they drank alcohol in the previous year.

DRINKING RATES IN CANADA IN 2013



Estimated percentage of Canadians 15 years of age and older who had consumed alcohol in the year previous to a 2013 survey.

Alcohol is the most popular drug used among Canadians, with direct dose-dependent health effects.

Among the different age groups from a study conducted in 2013, each age group was relatively similar in estimated drinking rate percentages, with 30-34 year olds drinking slightly more often when compared to the population.



02

RISKY DRINKING RATES IN CANADA



AGE GROUPS

Estimated percentage of Canadians 15 years of age and older who had consumed alcohol in the week prior to a 2013 survey in amounts that exceeded the guidelines for risks for short- or long-term impacts.¹

- In addition to casual drinking, risky drinking is most common for 20-24 year olds
- In 2013, 56% of women admitted to binge drinking at age 15 and older at least once compared to 44% 9 years earlier.

The impacts of alcohol are dose-dependent:

- Drinking more than 15 standard drinks per week for men or 10 standard drinks per week for women = increased risk for long-term side effects
- Drinking >3-4 standard drinks during any event = increases risk for short-term injury and damage to health.

03.ALCOHOL PRODUCTION

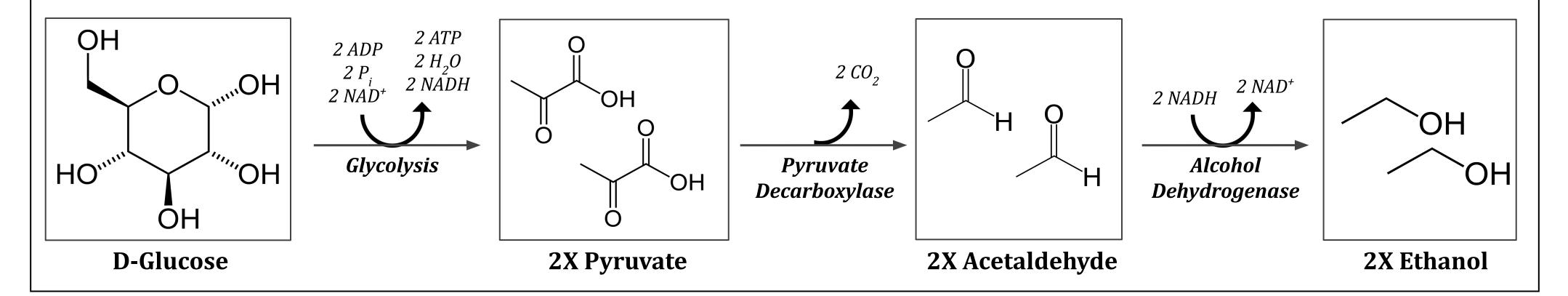


ALCOHOL FERMENTATION

- glucose or another sugar is converted to alcohol by microbes
- glucose is converted into pyruvic acid, which is further converted into ethanol and carbon dioxide in the absence of oxygen.
- as the yeast continues to grow and metabolize sugar, the accumulation of alcohol becomes toxic and eventually kills the yeast cells.
- after reaching an alcohol concentration of 10-15%, all yeast cells have died and alcohol remains, explaining why the majority of alcohol is within this percentage range.

For beverages with higher concentrations, the fermented products must be distilled to induce a higher ethanol concentration.

D-Glucose \rightarrow Glycolysis \rightarrow Pyruvic Acid \rightarrow Pyruvate Decarboxylase \rightarrow Acetaldehyde \rightarrow Alcohol Dehydrogenase \rightarrow Ethanol (alcohol)



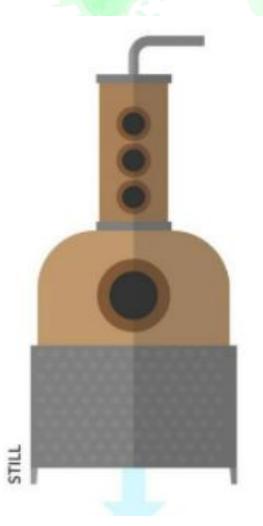
Yeast Fermentation and the Making of Beer and Wine



Opposed to fermentation, the process of distillation:

- heats the fermented liquid to a boiling point where it converts into vapour that is recondensed back into a liquid as it cools
- this process concentrates the alcohol levels, while evaporating off the undesirable compounds
- typically, spirits are distilled multiple times to create a smoother and lighter body.

How Spirits Are Made | Wine Enthusiast



The fermented, lightly-alcoholic liquid is transferred to either a pot still, column still or hybrid, where it is heated to a boiling point.

The alcohol vapors that come off the boiling mash are captured and cooled, recondensing into a high-proof liquid form.

Distillers separate the "head" and "tail," or first and last parts of distilled alcohol, from the more desirable "heart" destined for consumption.

The resulting alcohol can be distilled multiple times to create a lighter, smoother or more neutral-tasting spirit.

04. ALCOHOL EFFECTS ON THE BODY

ALCOHOL EFFECTS ON THE BODY

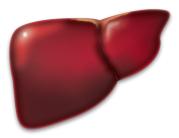


BRAIN

- → Alcohol interferes with the brain's communication pathways Affects the shape and function of the brain, changing mood and behaviour and making it more difficult to think
- \rightarrow clearly with coordination

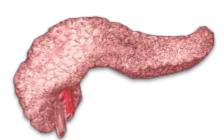
HEART

- \rightarrow
- Can cause cardiomyopathy (stretching & drooping of heart muscle) Can induce arrhythmias (irregular heartbeat), stroke, high blood pressure \rightarrow



LIVER

→ Can lead to liver inflammations including steatosis (fatty liver), alcoholic hepatitis, fibrosis, and cirrhosis



PANCREAS

Alcohol uses the pancreas to produce toxic substances that lead to pancreatitis (inflammation & swelling of the blood \rightarrow vessels in the pancreas that prevent proper digestion)



ALCOHOL EFFECTS ON THE BODY

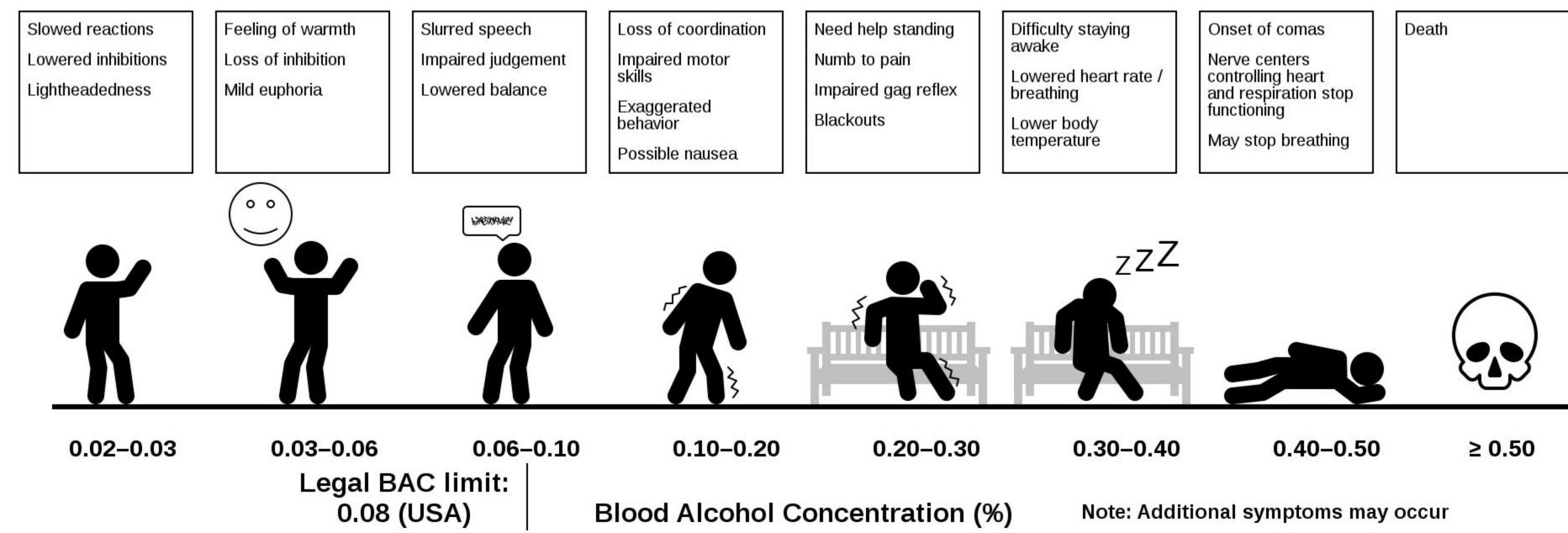
Although alcohol can induce feelings of happiness, pleasure, and sociability over short periods of time, excessive and chronic drinking can lead to alcohol dependence and addiction, commonly known as "Alcohol Use Disorder." Chronic alcohol use is also associated with cognitive and mental health issues, including learning and memory problems.

SHORT-TERM EFFECTS	LONG-TEI
→ Lowered inhibitions (poor social judgement)	→ Dimin
\rightarrow Trouble concentrating	→ Mem
\rightarrow Loss of coordination	→ Loss
→ Loss of critical judgement	→ Troul
→ Mood swings	→ Alcoh
→ Reduced core body temperature	→ Liver
→ Raised blood pressure	→ High
→ Vomiting	→ Cardi
	→ Strok

RM EFFECTS

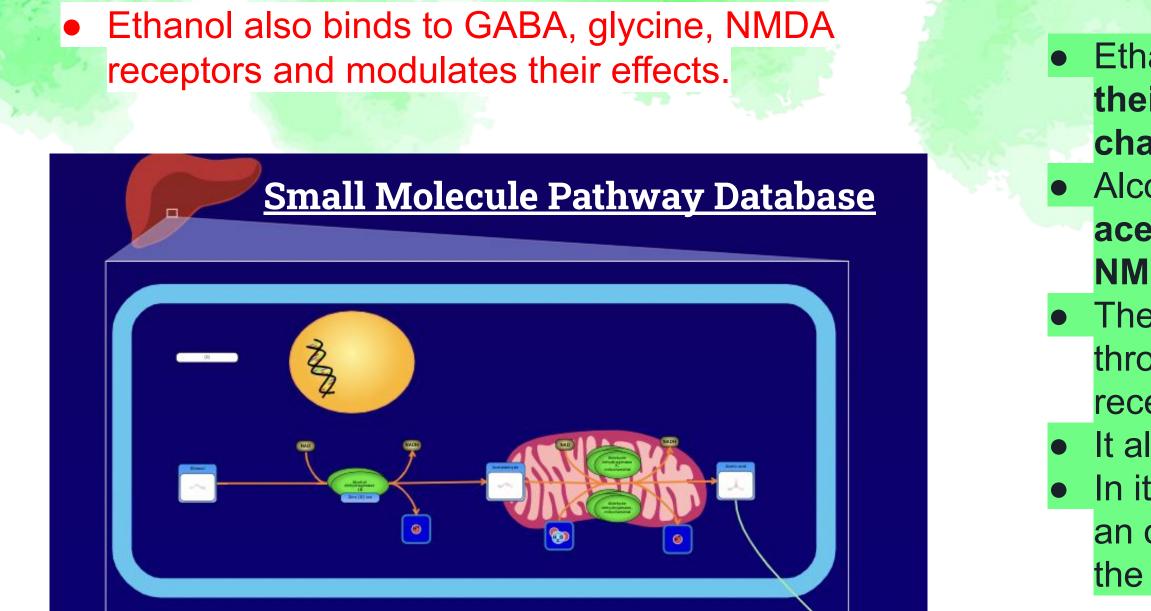
- nished gray matter and white matter in the brain
- ory loss
- of attention span
- ble learning
- holic hepatitis
- fibrosis
- blood pressure
- iomyopathy
- ke / irregular heartbeat

DOSE-RESPONSE FOR ALCOHOL



05.PHARMACODYNAMICS

ETHANOL AND RECEPTORS



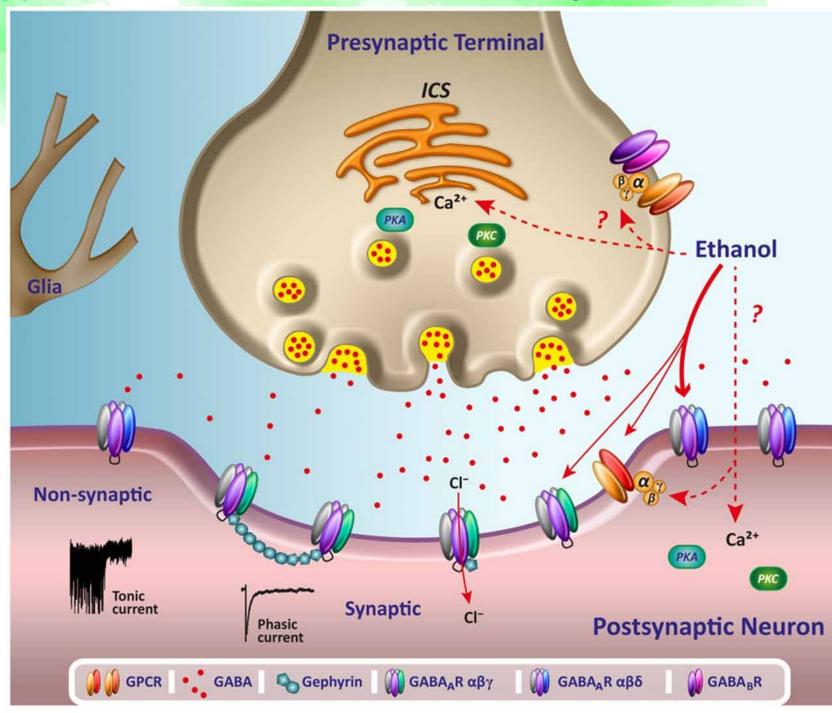
Protein binding of ethanol has not been reported.

Ethanol affects the brain's neurons by altering their membranes as well as their ion channels, enzymes, and receptors. Alcohol also binds directly to the receptors for acetylcholine, serotonin, GABA, and the NMDA receptors for glutamate. The sedative effects of ethanol are mediated through binding to GABA receptors and glycine receptors (alpha 1 and alpha 2 subunits). It also inhibits NMDA receptor functioning. In its role as an anti-infective, ethanol acts as an osmolyte or dehydrating agent that disrupts

the osmotic balance across cell membranes

ETHANOL AND RECEPTORS

Acute effects of ethanol on GABAergic transmission



 Several potential acute pre and postsynaptic sites for the effects of ethanol on GABAergic neurotransmission.

Reported changes on the release of presynaptic GABA might be mediated by changes on calcium release from intracellular calcium stores (ICS) following activation of G-protein coupled receptors (GPCR) or phosphorylation by protein kinase A (PKA) and C (PKC). • Changes on the activation of GPCR, such as GABA_RR, could affect GABA release and alter the tonic Cl⁻ current associated to non-synaptic GABA_{Δ}R δ containing receptors through spillover of synaptically released GABA.

• At postsynaptic domains, acute low ethanol concentrations of alcohol appear to modulate primarily non-synaptic GABA_AR (see thicker arrow) by a mechanism that might involve direct binding to the general anesthetics site of action or by intracellular signaling pathways, G protein, PKC and PKA or calcium release. • The scheme also shows representative traces of a phasic current, activated by synaptic receptors, and a sustained small desensitizing

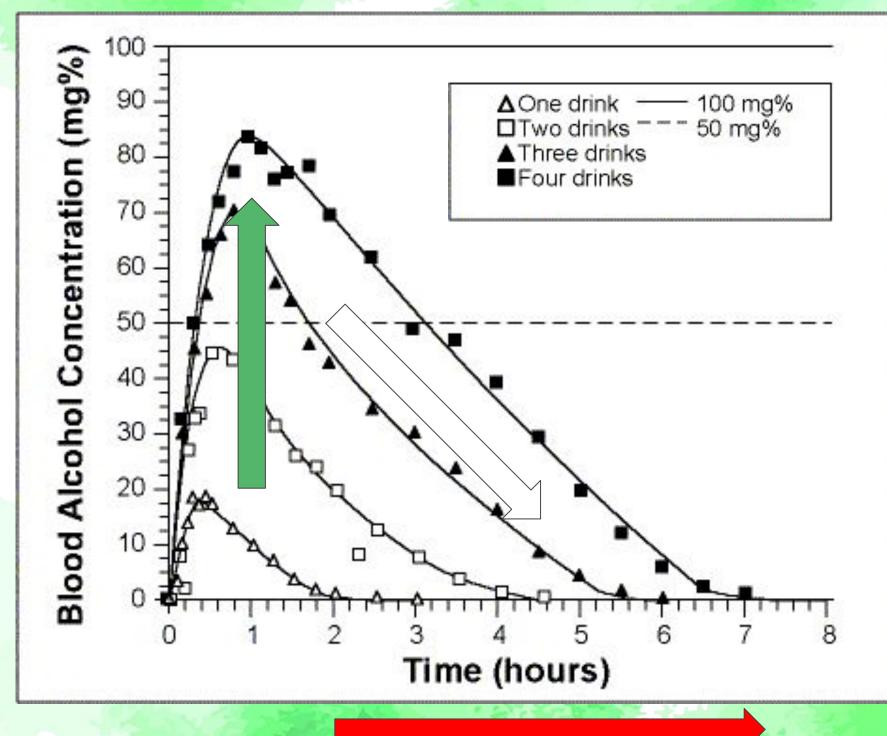
tonic current, mediated by non synaptic receptors.

06.PHARMACOKINETICS



Pharmacokinetics of EtOH

Blood alcohol concentration (BAC) after the rapid consumption of different amounts of alcohol



Absorption:

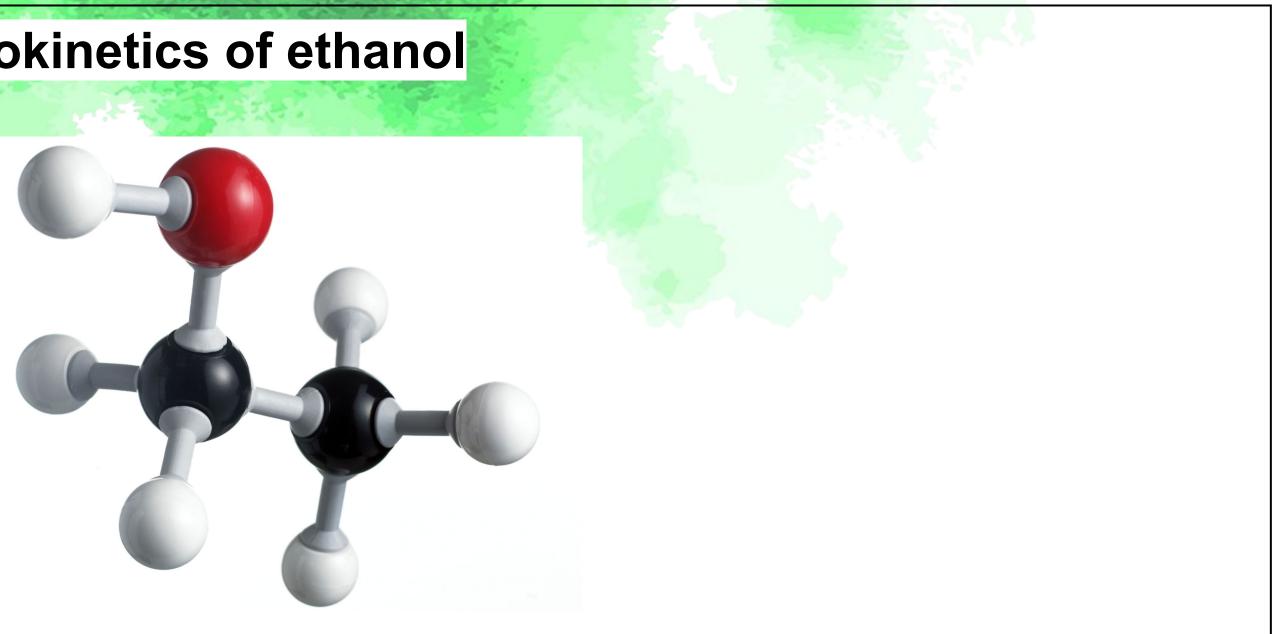
The maximum peak BAC value increases with increasing amount of ethanol consumed

Elimination:

- The rates are similar 1 regardless of the amount of ethanol consumed.
- 2. The longer time is needed for alcohol to clear from the blood with greater amount of ethanol consumed

Pharmacokinetics of ethanol

- The majority of it is absorbed from the small intestine (approximately 80%) and the stomach (approximately 20%)
- Elimination is principally by metabolism in the liver (89%) with small amounts excreted in the breath (0.7%), urine (0.3%), and sweat <u>(0.1%)</u>



- The breath clearance at rest is 0.16 L/h.
- The renal clearance is 0.06 L/h.

Clin Pharmacokinet. 1987 Nov;13(5):273-92. doi: 10.2165/00003088-198713050-00001

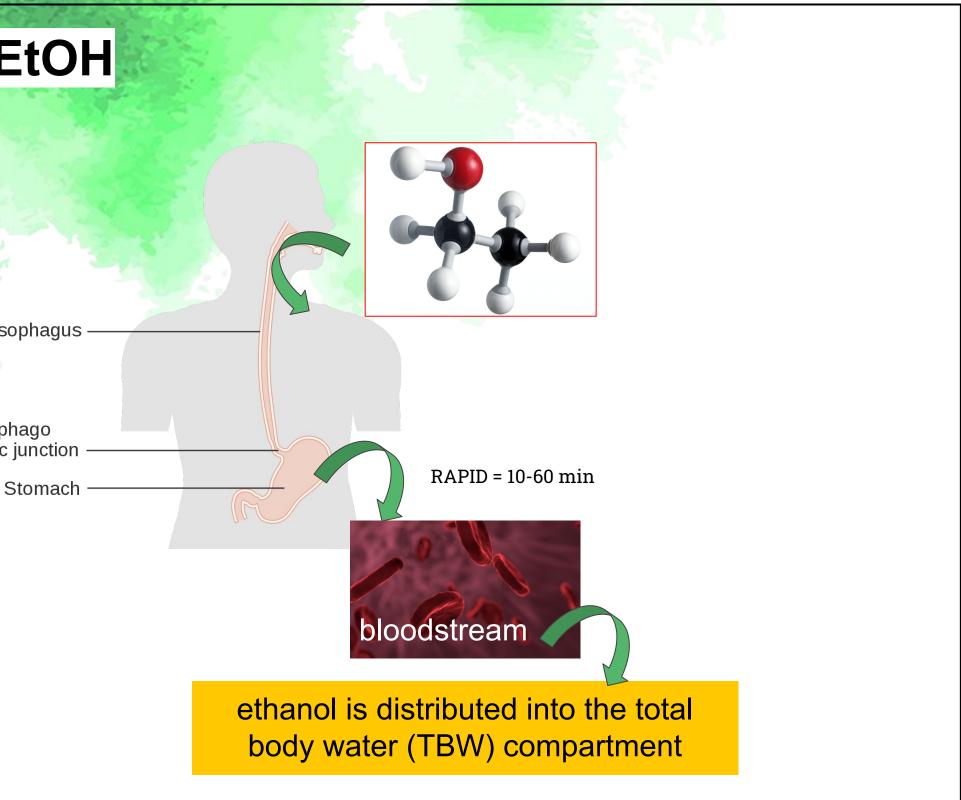
The maximum rate of elimination of ethanol, Vmax is 8.5 g/h/70 kg. This would be equivalent to a blood ethanol disappearance rate of 230 mg/L/h. The elimination rate is half of the elimination capacity at a peripheral blood ethanol concentration (Km) of about 80 mg/L.

Pharmacokinetics of EtOH

- The volume of distribution (V_d) of ethanol depends on a person's age, gender, and degree of adiposity (ratio of fat to lean tissue).
- The average V_d is ~0.65 L/kg.
- Elimination of ethanol from the body occurs primarily through metabolism (92–98% of dose) by hepatic alcohol dehydrogenase (ADH), an enzyme located in the liver cytosol and a microsomal enzyme, denoted CYP2E1.
- A small fraction (0.1–0.2%) of the dose of ethanol ingested undergoes nonoxidative metabolism by phase II conjugation reactions leading to formation of ethyl glucuronide and ethyl sulfate.

Oesophagus

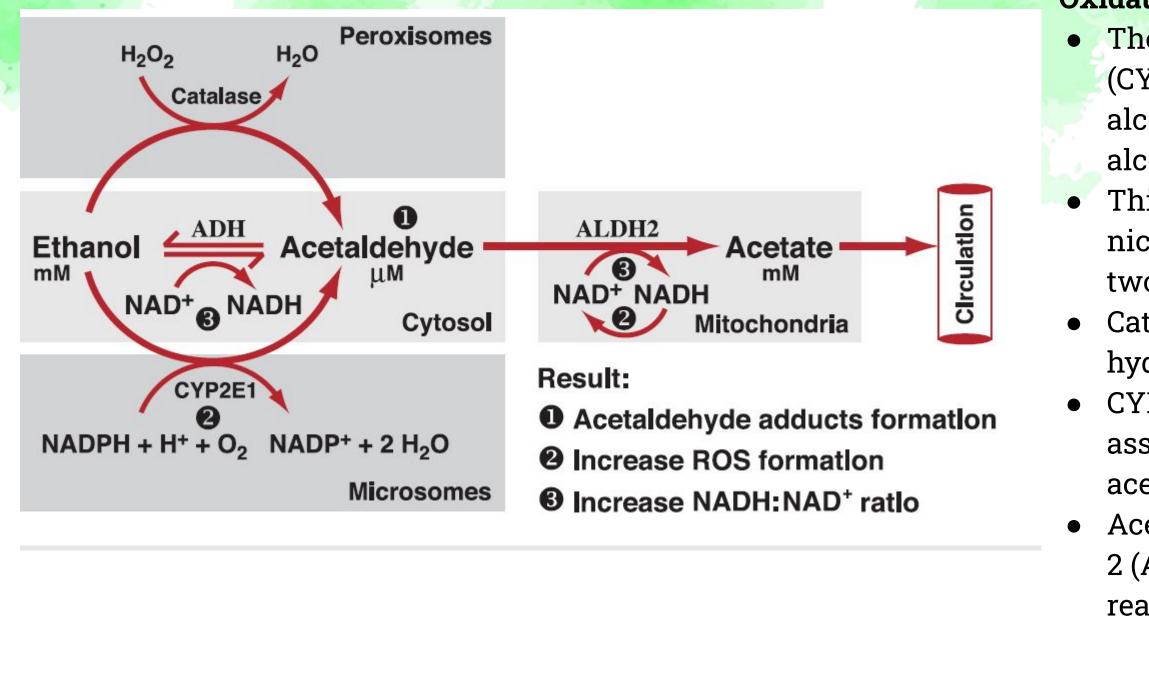
Oesophago gastric junction



07.ALCOHOL METABOLISM



Overview: How Is Alcohol Metabolized by the Body? (nih.gov)

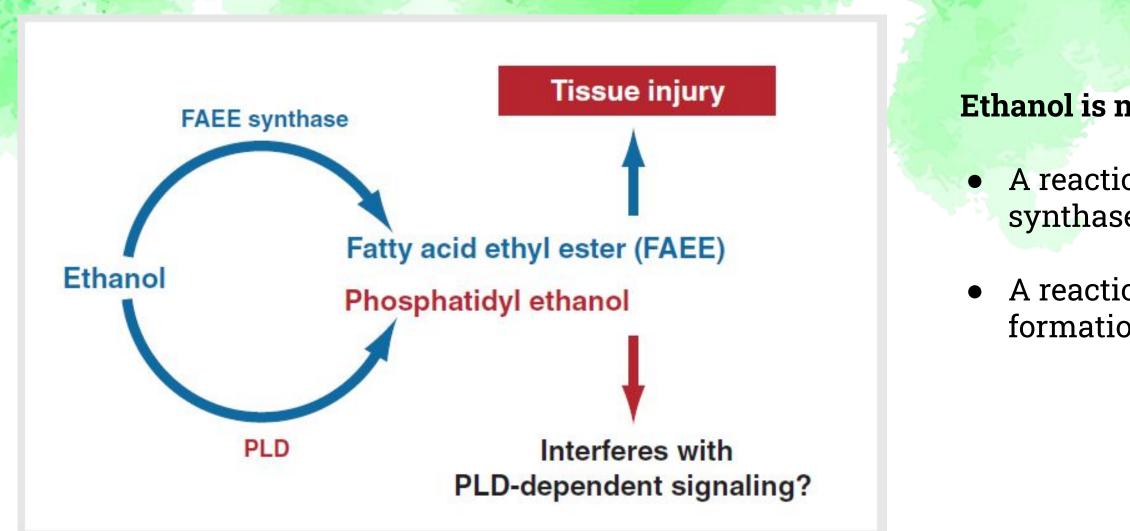


Oxidative pathways of alcohol metabolism.

• The enzymes alcohol dehydrogenase (ADH), cytochrome P450 2E1 (CYP2E1), and catalase all contribute to oxidative metabolism of alcohol. ADH, present in the fluid of the cell (i.e., cytosol), converts alcohol (i.e., ethanol) to acetaldehyde.

- This reaction involves an intermediate carrier of electrons, + nicotinamide adenine dinucleotide (NAD), which is reduced by two electrons to form NADH.
- Catalase, located in cell bodies called peroxisomes, requires hydrogen peroxide (H2O2) to oxidize alcohol.
 - CYP2E1, present predominantly in the cell's microsomes,
 - assumes an important role in metabolizing ethanol to
 - acetaldehyde at elevated ethanol concentrations.
- Acetaldehyde is metabolized mainly by aldehyde dehydrogenase 2 (ALDH2) in the mitochondria to form acetate and NADH. ROS, reactive oxygen species.

Overview: How Is Alcohol Metabolized by the Body? (nih.gov)



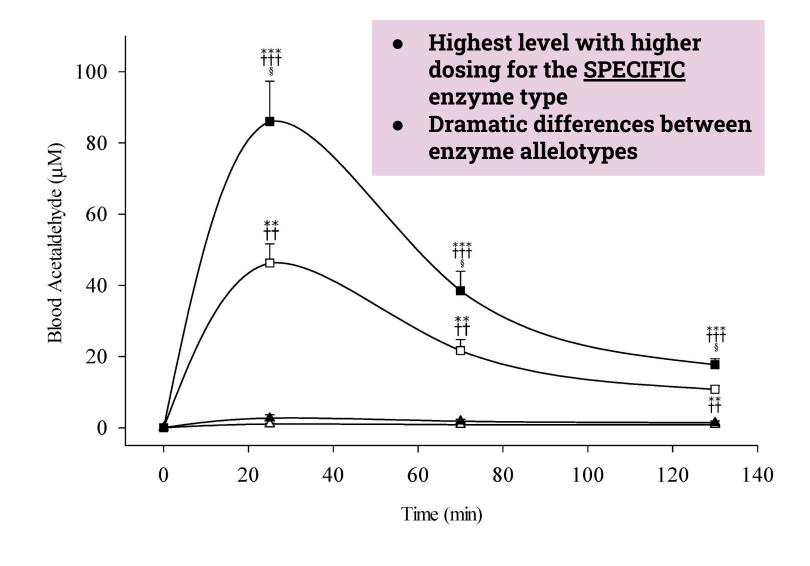
Ethanol is nonoxidatively metabolized by two pathways.

• A reaction catalyzed by the enzyme fatty acid ethyl ester (FAEE) synthase leads to the formation of molecules known as FAEEs.

• A reaction with the enzyme phospholipase D (PLD) results in the formation of a phospholipid known as phosphatidyl ethanol.

ENZYMES AND ETHANOL

- Alcohol dehydrogenase (ADH) and aldehyde dehydrogenase (ALDH) are the key enzymes responsible for ethanol metabolism through first-pass metabolism in the liver.
- Most ethanol elimination occurs by oxidation to acetaldehyde and acetate.
- ADH and ALDH enzymes exhibit genetic polymorphism and ethnic variation (variations in the alcohol metabolism (pharmacokinetics) and responses to alcohol (pharmacodynamics)



Biomolecules **2021**, *11*(8), 1183; https://doi.org/10.3390/biom11081183

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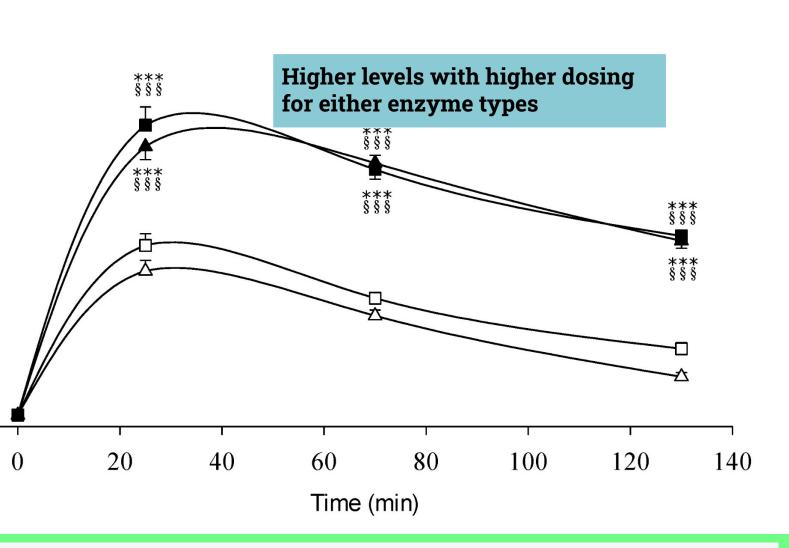
15

5

0

g/kg)

Blood Ethanol (mM)



Blood ethanol concentrations of nonalcoholic subjects with different ALDH2 allelotypes following different doses of ethanol (0.3 g/kg body weight or 0.5

> ∆, <u>ALDH2*1/*1</u> with <u>0.3 g/kq</u> ethanol; ▲, *ALDH2*1/*1* with <u>0.5 g/kg</u> ethanol; □, <u>ALDH2*1/*2</u> with 0.3 g/kg ethanol; ■, ALDH2*1/*2 with 0.5 g/kg ethanol;

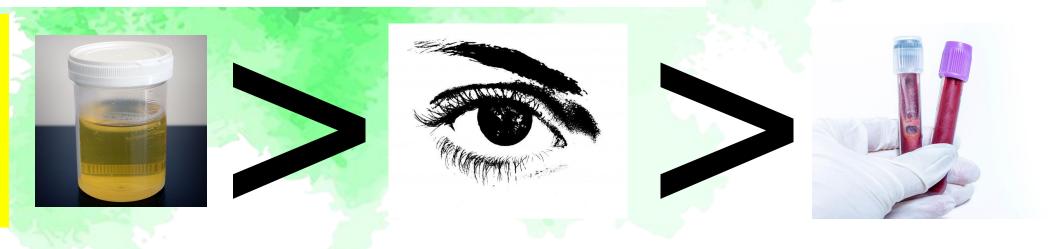
08.BIOLOGICAL FLUIDS

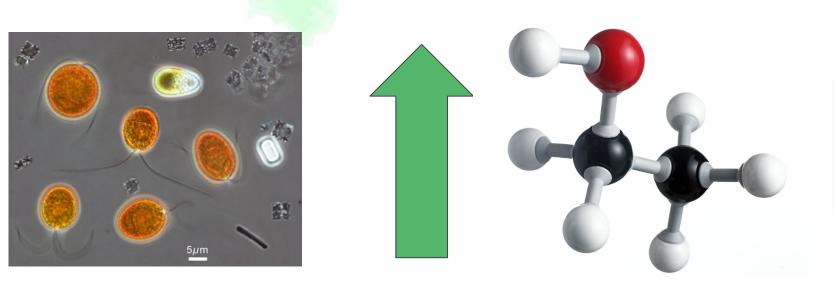


ETHANOL in various fluids_comparison

Vitreous fluid ethanol concentrations are higher than blood ethanol.

Urine ethanol concentrations are higher than the blood ethanol concentrations.





Postmortem specimen contamination with ethanol producing microorganisms increases with an increasing extent of trauma to the body

The maternal and fetal blood ethanol concentration-time curves were virtually superimposable, which indicated unimpeded bidirectional placental transfer of ethanol.

Canadian Journal of Physiology and Pharmacology • August 1986 • <u>Pharmacokinetics of ethanol and its metabolite, acetaldehyde, and fetolethality in the third-trimester</u> <u>pregnant guinea pig for oral administration of acute, multiple-dose ethanol</u>



ETHANOL in various fluids_comparison

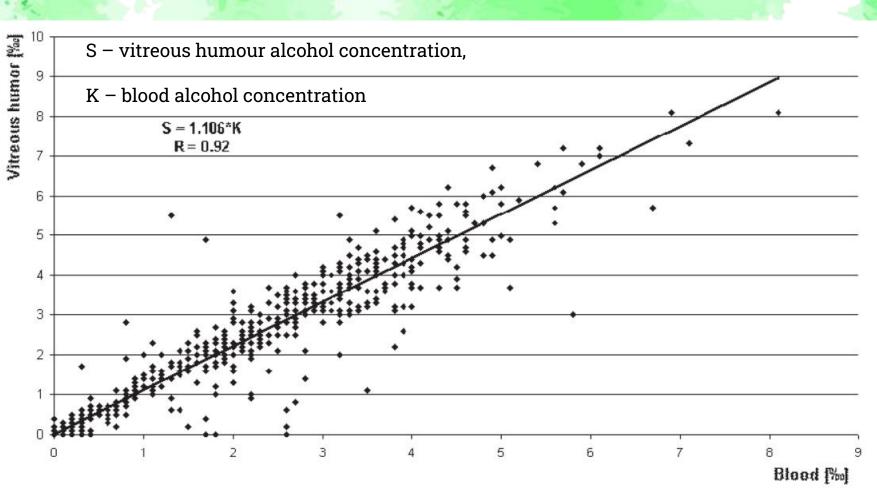


Fig. 1. Concentration of ethanol in vitreous humour (S) versus ethanol concentration in blood (K).

A COMPARATIVE STUDY OF THE ETHYL ALCOHOL **CONCENTRATION IN VITREOUS HUMOR** IN RELATION TO ETHYL ALCOHOL CONCENTRATION IN BLOOD AND URINE



https://wires.onlinelibrary.wiley.com /doi/full/10.1002/wfs2.1340

What about vitreous humor versus blood?

• Linear relationship (0.92) between concentrations in two biological fluids indicates that the two fluids are comparable for testing and analysis purposes. Vitreous humor ethanol concentration is always **1.106 x higher** than in blood

What about vitreous humor versus urine? The relationship was less linear (0.90), indicating

- that the two fluids are less comparable then above fluids
- Vitreous humor ethanol concentration is always **0.907 x lower** than in urine

The maximum blood-alcohol concentration (BAC) is usually reached between 10 and 60min post-dosing

ETHANOL and URINE

An ambulatory care pharmacist contacted the laboratory concerning an unexpected positive urine-ethanol test result.

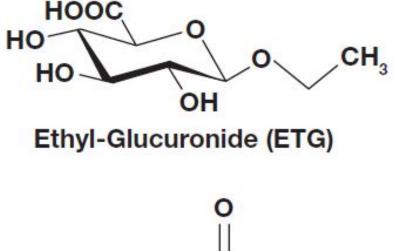
Table 1. Screening Results for the Patient, a 44-Year-Old Caucasian Man

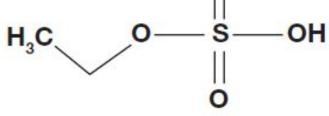
Drug Screen Results									
Drug (Urine)	Result	Positive Cutoff Value							
Amphetamines	Negative	500 ng/mL							
Barbiturates	Negative	200 ng/mL							
Benzodiazepines	Negative	200 ng/mL							
THC	Negative	50 ng/mL							
Cocaine	Negative	150 ng/mL							
Ethanol	Positive	10 mg/dL							
Creatinine	41.1 mg/dL	NA							

Laboratory Medicine, Volume 49, Issue 3, August 2018, Pages 276-279 Positive Urine Alcohol with Negative Urine Ethyl-Glucuronide | Laboratory Medicine | Oxford Academic

- A urine ethyl-glucuronide (ETG) and ethyl sulfate (ETS) test was ordered on an aliquot of the urine (the same specimen that was already obtained and had tested positive for ethanol).
- The ETG/ETS are also metabolites of ethanol.
- The ETG/ETS test result came back 7 days later as being negative.

metabolites?





Ethyl Sulfate (ETS)

So how can a sample be positive for ethanol but negative for its

• The presence of ethanol detected in the urine was not due to ingestion of ethanol but, rather, due to ethanol being formed as the product of microbial fermentation of glucose

ETHANOL in blood

Widmark's Blood Alcohol Calculator:

BAC for Women and Men

Widmark's basic BAC estimator alcohol formula for calculating a person's estimated Blood Alcohol Content (BAC) at a particular time may be expressed as follows:

BAC Calculator Formula Widmark

% BAC = (A x 5.14 / W x r) - .015 x H

A = liquid ounces of pure alcohol consumed

W = a person's weight in pounds

The r (rho) factor = a gender constant of alcohol distribution (0.73 for men and 0.66 for women), due to differences in the percentages of adipose tissue (body fat) for female subjects. The research indicated that women had higher fat content (on average) than men, due to the importance of bod fat when giving birth and nurturing babies.

H = hours elapsed since drinking commenced

Blood-Alcohol Concentration (percent)	# drinks for Male to achieve BAC ^{a,c}	# drinks for Female to achieve BAC ^{b, c}	Prominent Clinical Signs	Risk for Car Crash ^d ND-4.3	
0.01-0.05	1.5-3.1	1.0-2.0	Behavior nearly normal by ordinary observation. Impairment detectable by special tests.		
0.02	1.9	1.2	Driving impairment starts around 0.02% BAC.	1.8	
0.03-0.12 2.3-6.0		1.5-3.8	Mild euphoria, sociability, talkativeness. + self- confidence; + inhibitions, attention, judgment and control; loss of efficiency in critical performance tests.	2.4-33	
≥0.04	2.7	1.7	Driving under the influence for professional driver with CDL license.	3.2	
≥0.08	4.3	2.8	Driving under the influence for normal driver.	10	
0.09-0.25 4.7-11.2		3.0-7.2	Emotional instability; ↓ in perception; memory and comprehension; sensory-motor in-coordination; impaired balance; slurred speech; vomiting; drowsiness.	14- >330	
0.15	7.2	4.6	>50% of social drinkers are visibly intoxicated at 0.15 %.	78	
0.20	9.2	5.9	84% of all drinkers (including heavy drinkers who develop tolerance) are visibly intoxicated at 0.20 %.	330	
0.18-0.30 8.4-13.3		5.4-8.5	Disorientation; mental confusion; vertigo; exaggerated emotional states (fear, rage, grief); + pain threshold; staggering gait; ataxia; memory loss; apathy.	185- >330	
0.25-0.40	11.2-17.3	7.2-11.1	Approaching loss of motor function; Marked + response to stimuli; inability to stand or walk; incontinence; impaired consciousness.	>330	
0.35-0.50	15.3-21.4	9.8-13.6	Complete unconsciousness; coma; depressed reflexes; temperature; circulation and respiration impairment. Possible death from respiratory or cardiac arrest.	>330	

Table 1. Blood Alcohol Concentration Table^[1-7]

Blood Alcohol Concentration (BAC) & Associated Clinical Signs – Expert Reference | Robson Forensic

ETHANOL in blood

Your blood alcohol concentration, or BAC, is the amount of alcohol in your blood.

For example, if your BAC is .05%, that means you have 50 milligrams of alcohol in 100 millitres of blood.

In Canada, the *Criminal Code* BAC limit is .08%. This is the level at which Criminal Code impaired driving charges can be laid.

Star land	2 hours						3 hours						4 hours					
Standard Drinks ³	165 Ibs.	180 lbs.	195 Ibs.	210 Ibs.	225 Ibs.	240 Ibs.	165 Ibs.	180 lbs.	195 lbs.	210 Ibs.	225 Ibs.	240 Ibs.	165 Ibs.	180 Ibs.	195 Ibs.	210 Ibs.	225 Ibs.	240 lbs.
2	.020	.016	.012	.009	.007	.004	.005	.001	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
3	.045	.039	.034	.029	.025	.022	.030	.024	.019	.014	.010	.007	.015	.009	.004	.000	.000	.000
4	.070	.062	.055	.049	.043	.039	.055	.047	.040	.034	.028	.024	.040	.032	.025	.019	.013	.009
5	.095	.085	.076	.068	.062	.056	.080	.070	.061	.053	.047	.041	.065	.055	.046	.038	.032	.026
6	.120	.108	.097	.088	.080	.073	.105	.093	.082	.073	.065	.058	.090	.078	.067	.058	.050	.043
7	.145	.130	.118	.108	.098	.090	.130	.115	.103	.093	.083	.075	.115	.100	.088	.078	.068	.060
8	.170	.153	.139	.127	.117	.108	.155	.138	.124	.112	.102	.093	.140	.123	.109	.097	.087	.078

BACs (%) for Males in Relation to Time, Weight¹ and Standard Canadian Drinks²

Provincial infraction⁴

Criminal offence5

ETHANOL: in field and onsite testing

Testing for ethanol in breath

• Ethanol is readily detectable in expired air.

Common field testing for alcohol



- Additional analysis is required using in lab ethanol testing of blood samples
- The usual blood:expired air ratio is 2300:1
- Alcohol analysis is typically performed in A. driving under the influence (DUI) and
 - B. driving while intoxicated (DWI) investigations and
 - C. traffic accidents where people have been critically injured or killed





09. Canll CASE STUDY



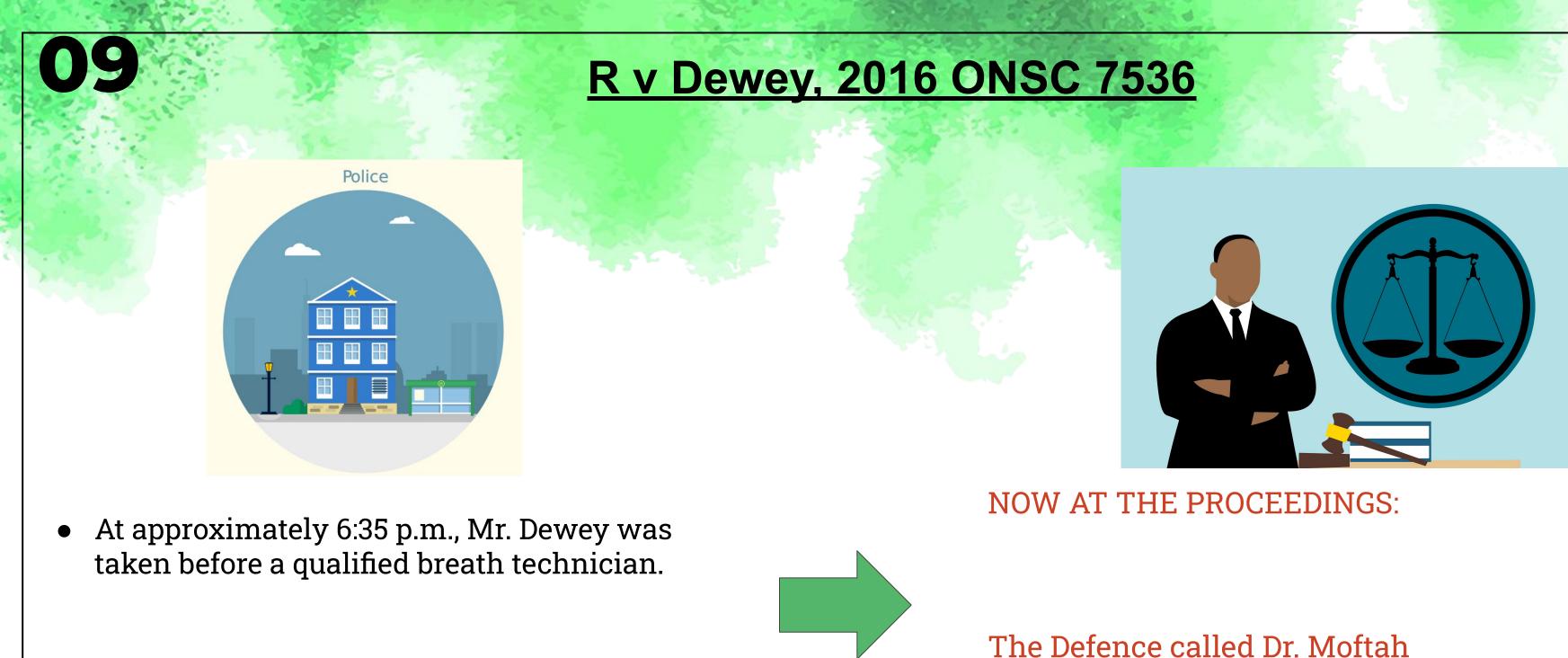
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R v Dewey, 2016 ONSC 7536

On August 10, 2011, prior to 6:00 p.m., Mr. Dewey had been operating a motor vehicle. He had been observed driving erratically, hitting the curb repeatedly, going through signs and a construction site. His vehicle eventually came to stop on the roadway. The vehicle was running. Mr. Dewey was passed out in the driver's seat. The wheels of Mr. Dewey's car had been damaged by his driving, the tires were flat and the rims were damaged.

> Police arrived Mr. Dewey's eyes were unfocused There was a strong smell of alcohol on his breath.

 Mr. Dewey was <u>arrested around 6:00 p.m</u>.
Mr. Dewey's vehicle was about a <u>22 to 60 minu</u>te drive from The Keg restaurant depending on traffic. The distance travelled was approximately 18.3 kilometres.



• Mr. Dewey refused to provide a breath sample

.....an expert on <u>absorption and</u> <u>elimination</u> of alcohol from the body and the effects of alcohol and drugs on the body.

R v Dewey, 2016 ONSC 7536

Dr. Moftah testified:

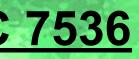
- That a glass and a half of wine would result in less than 80 milligrams of alcohol in the blood 1)
- Mr. Dewey's blood alcohol concentration would have been approximately 32 milligrams of 2) alcohol less whatever alcohol had been eliminated by Mr. Dewey's body while at the bar.

"body's elimination rate of alcohol being 10 to 20 milligrams of alcohol per hour"

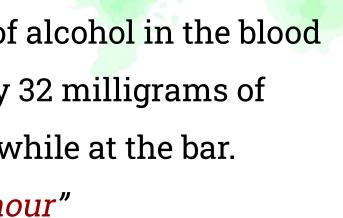
this amount of alcohol alone would not produce Mr. Dewey's symptoms or behaviour observed 3) at the scene where he was found stopped and asleep in his car.

Hence, Mr. Deweys

"blood alcohol level at approximately 6:00 p.m. that day would be very low." "blood alcohol level would have been approximately zero milligrams of alcohol by the time he was in the breath room.



< 80 mg



Elimination rate = 10 -20 mg/h

Only Wine

List of References

10



List of References

- Alcohol consumption linked to thousands of cancer cases in Canada in 2020: study | CTV News 1.
- Food and Drug Regulations (CRC, c. 870) 2.
- The history of alcohol you've never heard of The Recovery Village 3.
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