

Did You Know?

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Women and Alcohol Use Disorders: Alcohol affects women differently than men in several ways that can increase their risk for developing an alcohol use disorder. It is important for women to be aware of these differences and reach out if they feel that their alcohol use is becoming problematic.

What You Should Know:

- Binge drinking is defined at 4 or more drinks for women and 5 or more drinks for men.
- Women typically have a lower body mass and less water in their bodies than men. Because of these factors, it takes longer for a woman's body to process and break down alcohol, which results in alcohol having a greater impact on women.
- Women as compared to men who consume alcohol are at a higher risk of liver disease, damage to the heart and brain, certain cancers and other serious complications.
- Fetal Alcohol Spectrum Disorders (FASD), a consequence of drinking alcohol during pregnancy, can lead to a lifetime of disability. It is never safe to consume alcohol while pregnant, regardless of the amount.

What You Can Do:

- Educate yourself about the effects and consequences of alcohol use.
- Do not drink alcohol during pregnancy and encourage others to do the same.
- If you suspect you or someone you know has a substance use disorder, talk to someone about it. Seek out advice from your doctor, a friend, a family member or anyone else you feel comfortable with.
- Remember that there is always help available. Visit www.eccpasa.org for information.



Sources: www.cdc.gov, www.niaaa.nih.gov

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org