**SEX and GENDER DIFFERENCES**

**ALCOHOL USE DISORDER**

**Alcohol Use Disorder**
Inability to control drinking and preoccupation with alcohol

**RISKS**

» Just 3 drinks/day can lead to irregular menses
» Persistent drinking can lead to amenorrhea and premature menopause
» Drinking in pregnancy, at any stage, can lead to Fetal Alcohol Spectrum Disorder (FASD), the leading preventable birth defect in the US
» One drink per day can increase risk of breast cancer by 10%
» Women have a higher risk of cirrhosis at as little as 20 - 60 gm/da

» Alcohol use can lead to low testosterone, reduced fertility, and impotence

**SERVING SIZE**

- 12 fl oz regular beer
- 8-9 fl oz malt liquor (show in a 12-oz glass)
- 5 fl oz table wine
- 3-4 fl oz fortified wine (such as sherry or port: 3.5 oz shown)
- 2-3 fl oz cordial, liqueur, or aperitif (2.5 oz shown)
- 1.5 oz brandy (a single jigger or shot)
- 1.5 oz shot 80-proof spirit ("hard liquor")

**HEALTHY DRINKING LIMIT**

- Max. of 3 standard drinks on any day
- Max. of 7 standard drinks per week
- Max. of 4 standard drinks on any day
- Max. of 14 standard drinks per week

**TREATMENT**

- 12-step programs are less effective in women, unless they are woman centric and provide childcare
- Women with AUD are more likely to have history of abuse and/or PTSD, while men are more likely to have antisocial personality disorder and drug dependence

**WHY THE DIFFERENCE?**

» At the same weight and same dose, women have a higher concentration of alcohol due to less body water (alcohol is water soluble)
» The estrogen in oral contraceptives extends the effects of alcohol
» Women’s GI tracts contain less alcohol dehydrogenase, allowing a larger amount of alcohol to enter the bloodstream

To Learn More or Get Involved
Visit us at amwa-doc.org/sghc or email us at sghcstudents@amwa-doc.org

Source: Laura W. Bush Institute for Women’s Health, Sex & Gender Specific Health Learning Module sexandgenderhealth.org