

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**



about 5%
alcohol

8-9 fl oz
malt liquor
*(show in a
12-oz glass)*



about 7%
alcohol

5 fl oz
table wine



about 12%
alcohol

3-4 fl oz
fortified wine
*(such as
sherry or port:
3.5 oz shown)*



about 17%
alcohol

2-3 fl oz
**cordial,
liqueur, or
aperitif**
*(2.5 oz
shown)*



about 24%
alcohol

1.5 oz
brandy
*(a single
jigger or
shot)*



about 40%
alcohol

1.5 oz shot
**80-proff
spirit**
("hard liquor")



about 40%
alcohol

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

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

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

To Learn More or Get Involved

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