

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")
 about 5% alcohol	 about 7% alcohol	 about 12% alcohol	 about 17% alcohol	 about 24% alcohol	 about 40% alcohol	 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

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