

How Alcohol Affects Women



If you are a serious athlete, the best choice is to choose not to drink alcohol. If you do choose to drink, the recommendation is no more than 1 drink per day.

Consider these Factors:

- Many variables such as body weight, size, how fast you drink, fitness level, whether you've eaten, how much you have eaten & the amount of alcohol consumed will determine the affect alcohol has on an individual.
- Women's response to alcohol may fluctuate during their menstrual cycle & be affected by the use of contraceptives.
- Women have more fat content and less lean muscle mass than men. Lean muscle contains more water which absorbs alcohol from the bloodstream and lowers blood alcohol content. Women absorb alcohol into the bloodstream faster than men and eliminate it slower.
- Women have 1/3 less of alcohol dehydrogenase (enzyme responsible for the breakdown of alcohol) in their bodies.



This Means Women Will:

- Become intoxicated faster
- Feel the effects longer
- Get addicted with less amount of alcohol & over shorter period of time

Facts

- 1 in 6 (16%) women admit to having unsafe sex after drinking too much
- Young women aged 16-24 have a greater risk for a violent act to occur against them when drinking
- Females who are heavy drinkers consume about 300-500 more calories daily than non-drinkers
- Women are more likely to develop eating disorders to deal with the caloric intake of alcohol
- Alcohol may be a risk factor for breast cancer

If you would like additional information on alcohol & athletics, or to discuss concerns about your own or another's alcohol use, contact the Office of Health Education & Promotion, UNH Health Services, UNH (603) 862-3823 Health Services, Room 249 www.unh.edu/health-services

Are You A Risk Taker?

Learn to Make Low-Risk Drinking Choices

Alcohol when used in high-risk ways can cause a number of negative consequences both short and long-term.

Hangovers	Blackouts	Passing out
Getting sick	Getting into trouble	Verbal or physical fights
Drinking and driving	Unprotected sex	Non-consensual sex
Regrettable behaviors	Addiction	Accidents and injuries
Interfering with academic performance	Negative impact on relationships	
Interfering with athletic performance		

Take care of yourself by making low-risk choices.

Are You...Do You...Have You...

Are you concerned about a teammate and their drinking or drugging and don't know how to approach them?

Have you ever been concerned with your drinking or other drug use?

Do you ever find you are playing catch up with your workouts after a weekend drinking?

Do you need confidential support on how to not drink and still be accepted by your peers?

Are you finding yourself struggling with grades, and always being behind because you are too hungover to study?

Do you find yourself drinking too much off-season, and being concerned with this?

Does your alcohol use cause negative consequences?

Do you have questions about how alcohol and other drugs might impact your athletic performance, health and academic?

If you answered "yes" to any of these questions, support is available at the Office of Health Education & Promotion, Health Services, (603) 862-3823.

Tips for Low-Risk Drinking

Low-risk drinking means drinking in a way that doesn't cause any negative consequences, short or long term.

- Think about whether or not you want to drink before you go out. Drink only when you want to. If you are offered a drink & don't want one, say "no thanks."
- Eat food before & while you are drinking
- Always know what you are drinking. Make or get your own drinks. And don't leave your drinks unattended.
- How you feel physically (tired, not feeling well) & emotionally (upset, angry) can influence how alcohol will affect you
- Skip a drink now & then. Have a soda or non-alcoholic drink in between
- Don't mix alcohol with any other prescribed, or non-prescription, or illegal drug
- Follow campus, local & state laws/policies
- Know your limit & stick to it

Remember not drinking is the safest choice.

IF YOU DO CHOOSE TO DRINK:

Men: Drink no more than 0-2 a day
Women: Drink no more than 0-1 a day
No more than 3 drinks on any occasion