

DRINK smart[©] WOMEN'S EDITION

Okay ladies, it's time for some straight talk. We know that partying with the guys is a way to get their attention, have fun, and show them that we can match them drink for drink.

We are sorry to have to tell you this, but drinking while female has many drawbacks. If you drink moderately, meaning one drink per hour and/or no more than one drink per day, then you're okay.

But when you're drinking too much in a short period of time or drinking too much every day it catches up with you in a bad way. In fact, in some areas of your life and health, drinking can hit women harder than men.

For example, having more than 2 or more drinks a day has been connected to increased risk for breast cancer. Drinking too much alcohol can also make you do things you wouldn't normally do (like make out with a guy you don't know very well) and make you more vulnerable to physical or sexual attack.

So watch out! Drinking safely is not dumb or boring. Its the smart way to have fun and not have to deal with the consequences of one alcohol induced bad idea for the rest of your life.

See the next page for the effects of drinking on women.

Physical Effects



- Women absorb and metabolize alcohol differently than men
 - Women will have higher Blood Alcohol Concentration (BAC) after consuming the same amount of alcohol as men
 - Therefore, women experience the adverse physical effects of drinking quicker than men and at lower drinking rates
 - Lower BAC in women is related to women having less water in their bodies than men.
 - A woman's brain and other organs are therefore, exposed to more alcohol than men, increasing risks for
 - Liver damage
 - High blood pressure & heart disease and
 - Breast cancer
- Women experience worse hangovers than men

Possible Sexual and Physical Consequences

- Especially on college campuses, the following are more likely among students who drink heavily:
 - Unwanted sexual attention.
 - Sexual assault.
 - Unprotected sex.
 - Sexually transmitted disease.
 - Unwanted / unplanned pregnancy
- Over half of sexual assaults among college students involve alcohol.
- While the number of alcohol related fatal traffic accidents involving men are decreasing, those involving women are INCREASING.
- Female alcoholics are 50 to 100 times more likely to die than male alcoholics (including deaths from suicides, motor vehicle accidents, heart disease and liver disease).



Social Effects

- Forty-Seven percent of women who used substances have experienced emotional, physical, or sexual trauma.
- Women who drink heavily experience more moderate to extreme levels of violent conflict with their partners.
- Some women report being initiated into drug use by male partners.
- Some women report fear that quitting would bring punishment from male partners.
- Women are more likely to drink in solitude.
- Women are less likely to seek help or treatment.

DRINK smart[®]

MEN'S EDITION

Okay guys, its time for some straight talk. We know that partying with your friends is a way to have fun, meet people, and show the other guys that you can match them drink for drink. For some guys drinking large amounts, more then 2 drinks an hour, shows others how much of a man they are.

Cause only wimps play it safe and drink responsibly or not at all. Right? **Wrong, oh so wrong.**

Drinking responsibly or not drinking at all is smart but its hard for guys to do. Its hard because, even more than women, there is a lot of peer pressure put on you to drink heavy and to drink often. If you dont then your manhood is called into question, with taunts like, You mamas boy. At some point you are going to have to decide who is in charge of your decisions your friends or YOU. When you decide to take a stand and do the right thing your way, it wont be easy, but in the end you truly will be the better men. And you'll definitely be better off than the guy whose puking his guts out.

Physical Effects

- Alcohol metabolism in men has been associated with
 - testicular injury
 - impaired testosterone synthesis, and
 - impaired sperm production
- This may often result in
 - Decreased muscle production
 - Decreased sex drive
 - Reduced capacity for penile erection
 - Decreased semen production
 - Decreased testes size
 - Feminization syndrome
 - Increased risk of breast cancer (yes, men can get breast cancer)



WHAT DOES ALCOHOL DO TO YOUR BODY?

Brain

Headaches, Blackouts, Delusions, Paranoia, Forgetfulness, Impaired Judgement, Decline in IQ, Dementia, Epileptic fits, Wernickes disease (due to vitamin deficiency), Haemorrhage, Peripheral neuritis, Korsakoff's psychosis & Death

Lungs

A small amount of alcohol escapes unused via breath 2-4%

Liver

Fatty cells, tissue scarring, jaundice, hepatitis, irreversible cirrhosis - the liver breaks down 90% of alcohol consumed

Kidneys

A small amount of alcohol escapes unused via urine 2-4%

Pancreas

Bad digestion, malnutrition, early diabetes

Sweat Glands

A small amount of alcohol escapes unused via sweat glands 2-6%

Sex Organs

Male

Depressed testicular production, impotence, breast growth due to female hormones not broken down by liver

Female

Failure to ovulate, spontaneous abortion

Nervous System

Peripheral neuritis - degeneration of the nervous system supplying limbs

Throat

Pressure on portal circulation- risk of haemorrhage. Increased incidence of cancer - 40x if smoker

Gullet

Corrosive effect - risk of cancer

Muscles

Degeneration, weakness, pain

Heart

Weak & "fatty" heart, weakening of heart muscles, high blood pressure. Anaemias due to decreased absorption of vitamins.

Stomach

Gastritis, peptic ulcer (direct corrosive effect)

Fingers

Pins & needles

Intestines

Inflammation (corrosion from alcohol)

Nervous System

Malfunions, skakiness, tremors

Bones

Degeneration - risk of fracture

