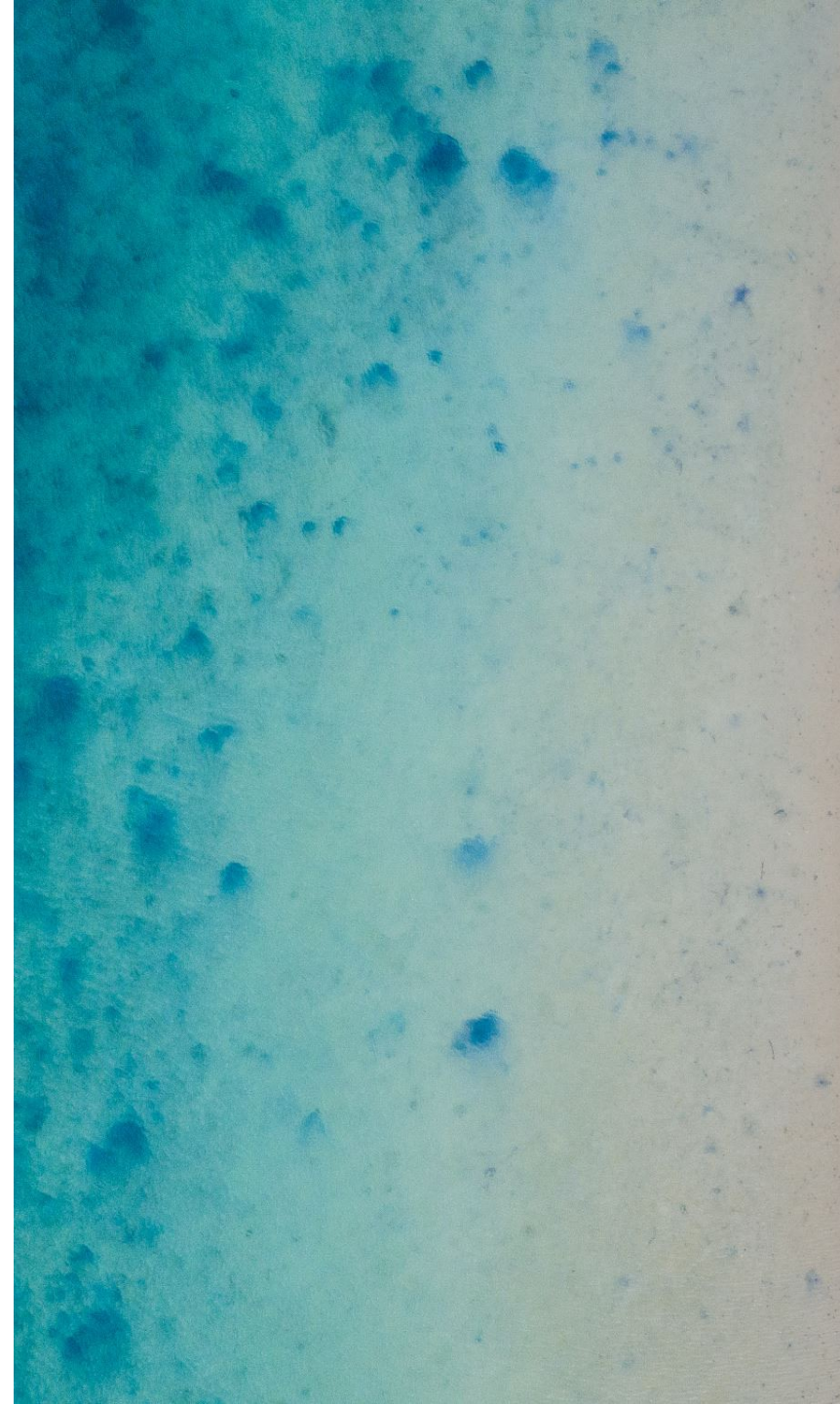


# ALCOHOL AND WOMEN

*What's Different and how can we help?*



# RISK FACTORS: WOMEN AND ALCOHOL

Women with alcohol use issues experience more depression, anxiety, and low self-esteem

Studies find women are more likely to drink to escape or self-medicate



## MEDICAL RISKS

Alcohol metabolizes more slowly in women and at higher concentrations than men

Dependence on alcohol progresses more quickly with women “telescoping” effect

Women have higher risks of alcohol-induced liver disease with lower intake and fewer years of drinking

Increased heart disease, breast cancer, impacts fertility and endocrine health

Older women accelerated cognitive and physical decline

# THE MADONNA EFFECT

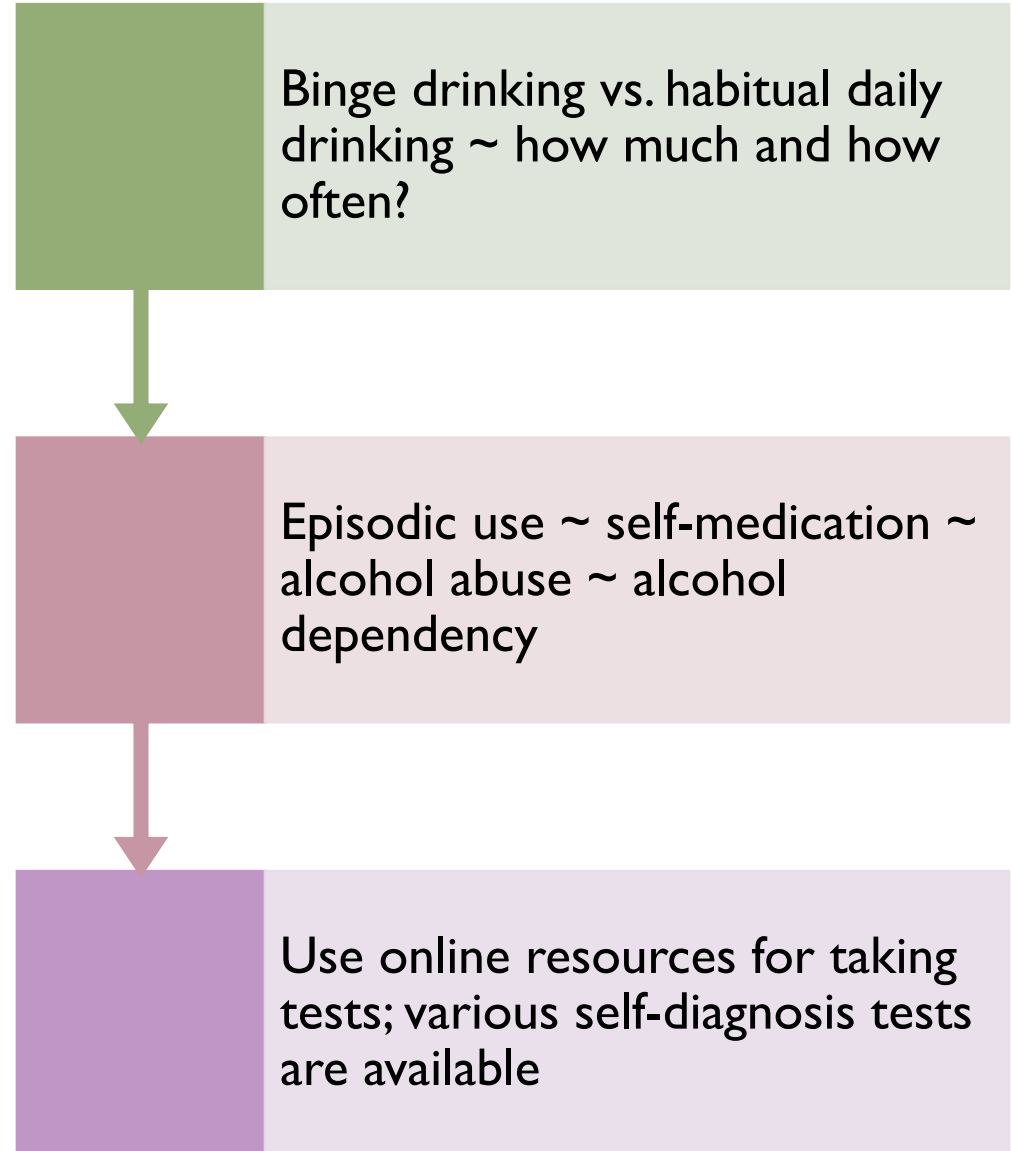
- Women who are mothers may carry additional shame about their drinking
- If women do not become mothers due to substance use, may also carry additional shame
- Women needing to be pure, focused on children as the ultimate perfect mother/female





IF THERE IS A PROBLEM? WHAT TO DO?

# FIRST STEP: GET HELP WITH DIAGNOSIS



## HOW DO WE TALK ABOUT THIS?

Express concerns with honesty and make observations. Why are you concerned? What did you notice?

If you are angry, disappointed, or frustrated take care not to judge

Use I statements and discuss what it feels like to be *YOU* in relationship with your loved one as she struggles with alcohol abuse.

Timing is important – if an event occurs and you are concerned, have courage to confront as soon as you can.

# TREATMENT OPTIONS - WHEN IN DOUBT SEEK HELP!

INDIVIDUAL OR  
FAMILY THERAPIST

OUTPATIENT  
TREATMENT  
PROGRAM

INPATIENT  
TREATMENT  
PROGRAM

INTENSIVE  
OUTPATIENT  
TREATMENT

ALCOHOLICS  
ANONYMOUS

CELEBRATE  
RECOVERY

SOBER CURIOUS  
WOMEN IN  
RECOVERY



# IMPORTANT THINGS TO CONSIDER

AGREEMENT IS  
NOT  
ACCEPTANCE

AMBIVALENCE

STAGES OF  
CHANGE

INTERNALIZED  
SOCIAL STIGMA

SHAME ABOUT  
“ALCOHOLIC”

LOSING  
PRIVILEGE TO  
DRINK  
SOCIALY