



Women and Alcohol Use Disorders

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Learning Objectives

- **Awareness of recent increase in alcohol use and Alcohol Use Disorders in women**
- **Understand the effects of alcohol on women**
- **Discuss the risks of alcohol use during pregnancy and breast feeding**

Learning Objectives...

- **Understand treatment options and access to care obstacles**
- **Know when to refer to Addiction Medicine specialist/Addiction Psychiatrist**

The Language We Use

Alcohol Abuse *Alcohol Use Disorder*

At Risk Drinking *Heavy Drinking*

Alcohol Misuse Problem Drinking

Social Drinking *Binge drinking*

Alcohol Dependence *Safe Drinking*

Moderate Drinking

What Is a Standard Drink?

12 fl oz of
regular beer



8-9 fl oz of
malt liquor
(shown in a
12 oz glass)



5 fl oz of
table wine



1.5 fl oz shot of
distilled spirits
(gin, rum, tequila,
vodka, whiskey, etc.)



about 5%
alcohol



about 7%
alcohol



about 12%
alcohol



about 40%
alcohol

Each beverage portrayed above represents one standard drink of "pure" alcohol, defined in the United States as 0.6 fl oz or 14 grams. The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

- **A martini = 1.5 to 2 standard drinks**
- **A “stiff scotch” = 2 to 3 standard drinks**
- **Bottle of wine = 5 standard drinks**

***BINGE* DRINKING**

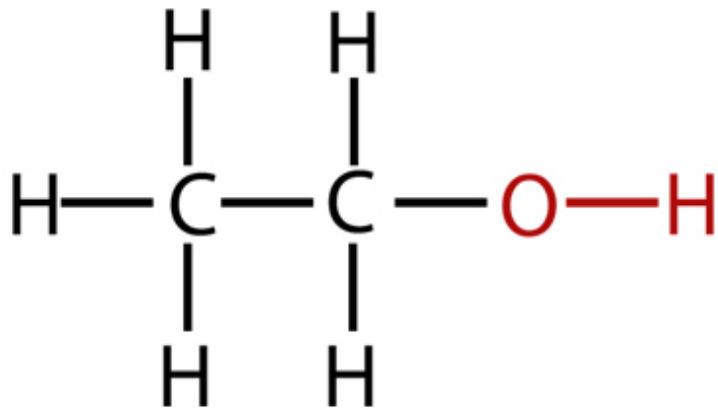
- **4 drinks for women**
- **5 drinks for men**

On same occasion or within a couple of hours, at least one day in the past month

(NIAAA)

The Molecule

Ethanol



Structural
formula



Molecular
formula

It's different for women...

- **Blood alcohol concentration rises much faster**
- **Women have less water to distribute alcohol so it stays in blood longer**
- **Brain, liver, heart more likely to be damaged**
- **More vulnerable to sexual assault, unplanned and unsafe sex**
- **Adverse pregnancy effects**

Some shouldn't drink at all (NIAAA)

- **Anyone under 21 years old**
- **Anyone who drives and can't control their drinking to moderate levels**
- **Women who may become pregnant or who are pregnant**
- **People who plan activities that require attention, skill, or coordination**
- **People taking Rx meds that interact with alcohol**

USE AND USE DISORDERS

ICD-10

Dependence remains

DSM-5

Use Disorder is the new language with ***mild, moderate, and severe*** to indicate levels of severity

Eleven Symptoms

1. Alcohol is often taken in larger amounts or over a longer time than intended
2. Persistent desire or unsuccessful efforts to cut down or control use
3. Great deal of time spent to obtain, use, or recover from effects
4. Cravings to use alcohol
5. Recurrent use in spite of failure to perform school, work, home obligations

Eleven Symptoms

6. Continued alcohol use despite recurrent or persistent social, interpersonal problems
7. Important social, occupational, recreational activities given up due to alcohol
8. Continued use in spite of physical hazard
9. Use is continued despite physical and/or psychological problem caused by alcohol
10. Tolerance
11. Withdrawal: a. characteristic withdrawal
or b. Use of related substance to avoid

DSM-5

ALCOHOL USE DISORDER

Mild: 2 to 3

Moderate: 4 to 5

Severe: 6 or more

(occurring within a 12-month period)

National Survey Drug Use and Health (NSDUH) 2015

Americans age 18 or older \approx 245 Million

- 86.4 % drank alcohol in their lifetime
- 70.1 % drank in past year
- 56 % drank in past month

A vintage-style advertisement for Xanax. The background is a soft-focus illustration of a woman with short, wavy brown hair, wearing a light-colored, ruffled dress, holding a baby. The woman is looking to the right. The baby is wearing a blue long-sleeved shirt and pink pants. The scene is set against a blue sky with light clouds. In the top right corner, the word "XANAX:" is written in a bold, red, serif font. Below it, the text "...because sometimes whiskey just isn't enough..." is written in a black, cursive script font.

XANAX:

*...because
sometimes
whiskey
just isn't
enough...*

USE DISORDERS AGE 18 AND OLDER

15.1 Million (6.2 % of age group 18 & over)

- 9.8 Million men
- **5.3 Million women**

Alcohol Use Disorder Ages 12 - 17

- **623,000** adolescents (2.5 % of age group)
 - 298,000 males (2.3 % of age group)
 - **325,000 females** (**2.7 %** of age group)

Your next appointment is with Ashley, a 19 year old Honors student at Miami University in Oxford, Ohio. Her parents made this appointment for her.

Last weekend Ashley was found unconscious in her dorm room and was transported to McCullough-Hyde Memorial Hospital in Oxford. She was treated for Acute Alcohol Poisoning. Her parents are worried, don't know what to do next.

Ashley's parents told your assistant that they want to come back with her for her appointment.

Ashley wants to see you alone first, before her parents come in...

What questions do you have for Ashley?

After a thorough history you determine that Ashley has Alcohol Use Disorder, Moderate, and is in her first trimester of pregnancy

She's conflicted about whether she should carry her pregnancy to term. Her parents don't know she's pregnant.

She wants to talk to you about things she read on the internet.

Fetal Alcohol Syndrome (FAS)

Most common non-hereditary cause of mental retardation.

Prevalence .5 to 2 per 1,000 births

Alcohol-related Neurodevelopmental Disorder (ARND)

No facial features, 60% to 90% escape identification

Ashley talked to her parents...

For now, Ashley wants to continue her pregnancy. Her parents called and found out that their insurance covers inpatient rehab, but not all of them accept pregnant women...

The Intensive Outpatient Program in their plan is not covered totally, and with Ashley's college tuition to consider, they can't afford the \$1200 co-pay

What do you recommend?

By the way... Ashley says she will give up drinking while she's pregnant but doesn't plan to give up drinking forever.

She wants to know if she can drink and breastfeed...

Her parents want to know if you know an addiction specialist you can send her to?

Your next patient

Lydia P. is a 67 year old female, presenting for follow up of her recent hospital admission for Depression with Suicidal Ideation.

She's been depressed, can't sleep, shaking since her oxycodone was decreased from 90 mg daily to 45 mg daily and her Xanax was discontinued...

SOURCES FOR THIS PRESENTATION

SAMHSA

NSDUH

NIH

NIDA

NIAAA

ASAM PRINCIPLES OF ADDICTION MEDICINE

PATIENTS



Cleveland Clinic

Every life deserves world class care.