

What Women Don't Know About Alcohol



The Myth: Alcohol is healthy and good for us.

Fact: Women who have one drink per day have a 5-9% higher chance of developing breast cancer than women who don't drink. The risk increases for each additional drink per day.

Fact: Women who misuse alcohol are more likely to develop alcohol associated hepatitis, a potentially fatal alcohol related liver condition. Dr Banini, a Yale Medicine hepatologist, states deaths related to alcohol-associated liver inflammation doubled in men and tripled in women between 1999 and 2020.

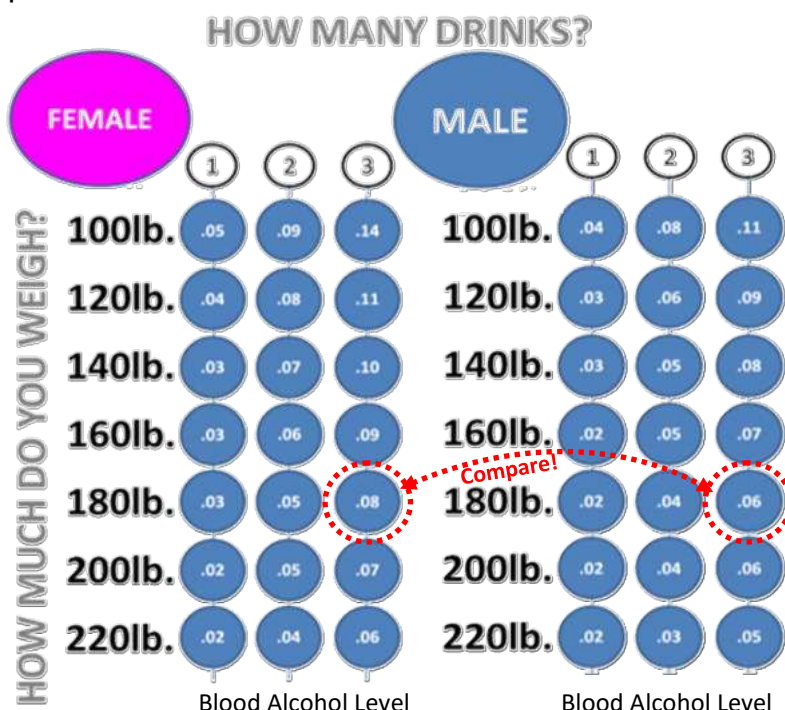
The Reason: Alcohol resides predominantly in body water, and pound for pound, women have less water in their bodies than men which means the concentration of alcohol is higher. This leads to being intoxicated sooner and experiencing more medical problems.

The Myth: Alcohol is safe as long as I don't drink too much.

Fact: There is no known safe amount of alcohol consumption for women who are pregnant or might become pregnant. Prenatal alcohol exposure can cause children to experience physical, cognitive, and behavioral problems. Drinking during pregnancy can also increase the risk for preterm labor.

Fact: Some women should avoid alcohol entirely. It is safest to avoid alcohol altogether if:

- You are taking medications that interact with alcohol.
- Are managing a medical condition that can be made worse by drinking.
- Are recovering from Alcohol Use Disorder or unable to control the amount you drink.
- Are pregnant or might be pregnant.



What Women Don't Know About Alcohol (Continued)

How Can You Tell If Your Drinking is a Problem?

The National Institute on Alcohol Abuse and Alcoholism provides online tools that can help people assess if their alcohol use is becoming a problem. You can also ask your Primary Care Physician or OBGYN physician for advice.

Pay attention to your coping habits as women tend to report that the reason they drink is to help them cope.

"Addiction begins with the hope that something "out there" can instantly fill up the emptiness inside."
Jean Kilbourne (from Quit Like a Woman- Holly Whitaker)

You can call EAP for a screening and to discuss options for change.

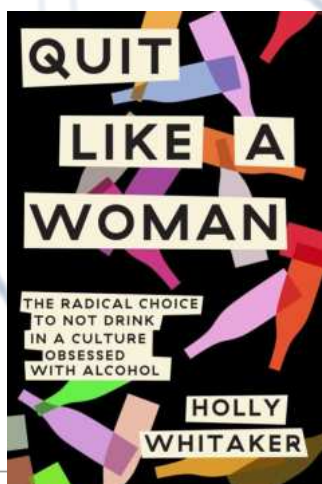
References:

Question for Women: Is Alcohol Damaging Your Health? Kathy Katella Sept 30, 2025 — <https://www.yalemedicine.org/news/question-for-women-is-alcohol-damaging-your-health>

National Institute of Alcohol Abuse and Alcoholism – <https://www.niaaa.nih.gov>

Alcohol Use Effects on Men's and Women's Health <https://www.niaaa.nih.gov/https://www.cdc.gov/alcohol/about-alcohol-use/alcohol-and-sex-considerations.html>

Quit Like a Woman: The radical choice to not drink in a culture obsessed with alcohol. Holly Whitaker; NY, 2019 The Dial Press



EAP Counseling services are available, free, and confidential. Call our office or go online to set up services with a local counselor. Legal, Financial, and Eldercare support is also available to covered employees and their household members.

Employee Assistance of the Pacific

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