Consuming alcohol is a socially accepted activity. From happy hours to family gatherings, alcoholic beverages are a common staple at social events geared toward adults. However, alcohol consumption is not without risk. New research on the relationship between women and alcohol, and why binge drinking is on the rise.

Women’s health may earn commission from the links on this page, but we only feature products we believe in. Women continue to be at higher risk than are men for certain serious medical consequences of alcohol use, including liver, brain, and heart damage. A new study conducted by the national institute on alcohol abuse and alcoholism has determined that more american women are consuming alcohol at a higher rate. To revisit this article, visit my profile, then view saved stories. How much are women actually drinking as we hunker down to ride out the pandemic? We asked 13 women if they’re overindulging or cutting back. A new study shows that moderate alcohol consumption can prevent strokes and boost heart health. Here, our favorite healthy alcoholic drinks. Drinking alcohol may help put you to sleep, but as the night wears on—and the booze wears off—you may find yourself tossing and turning. This may be especially true if you’re a woman, according to a new study. Are women’s brains harder hit by alcohol? Learn why women’s brains are harder hit by alcohol at discovery health.

Alcohol use is increasing among women in the u.s., sparking concern. Alcohol affect's women's bodies differently than men's. Signs of trouble to look for. Join us behind the scenes and get early access to steals &. When you want to hit happy hour but not get too buzzed, follow this smart plan for eating and drinking. "Mommy needs her wine." If you think it’s becoming more difficult to avoid seeing p.

Scottish Drugs Services Directory
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