



**ML**  
BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)

# WOMEN AND ALCOHOL... What EVERYONE should know

## FOR MORE INFORMATION CONTACT:

**Middlesex-London Health Unit**

519-663-5317

[www.healthunit.com/alcohol](http://www.healthunit.com/alcohol)

**CMHA Thames Valley Addiction and  
Mental Health Services**

519-673-3242 or [www.cmhatv.ca](http://www.cmhatv.ca)

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## TAKE A FEW MINUTES TO ASK YOURSELF THESE QUESTIONS:

1. How does alcohol fit into your life?
  2. Have you ever had any problems related to your use of alcohol?
  3. Has anyone ever been concerned about your drinking or suggested cutting down?
  4. How much alcohol do you drink in a day?  
How much in a week?
- Speak with your healthcare provider about your answers/concerns.*

## WOMEN AND ALCOHOL

Research shows that women experience more negative health impacts from alcohol than men, even when drinking lower amounts.

The consumption of alcohol can lead to an increased risk of:

- Cancer, injury, and chronic conditions.
- Unplanned pregnancy, sexually transmitted infections, and reproductive health problems.

### For more information, go to:

**Rethink Your Drinking** [www.rethinkyourdrinking.ca](http://www.rethinkyourdrinking.ca)

Learn about standard drinks, alcohol guidance, health effects, resources, and support.

**Connex Ontario** 1-866-531-2600

[www.connexontario.ca](http://www.connexontario.ca) OR

**Reach Out** 1-866-933-2023 [www.reachout247.ca](http://www.reachout247.ca)

For help with substance use and mental health concerns.

## ALCOHOL & PREGNANCY

Because there is no 100% safe level of alcohol use during pregnancy, it's recommended that women who are pregnant or trying to get pregnant avoid drinking alcohol.

- Daily drinking and binge drinking are the most risky during pregnancy.
- Plan to stop drinking before you become pregnant.
- If you are pregnant, stop drinking as soon as possible. It's never too late to stop.
- Fetal Alcohol Spectrum Disorder can be prevented.

### For more information, go to:

**FASD Ontario** [www.fasdinfectsaf.ca](http://www.fasdinfectsaf.ca)

Resources, support, events, questions, and more.

**FASD ONE** (Ontario Network of Expertise)

[www.fasdontario.ca](http://www.fasdontario.ca)