

WOMEN ARE SPECIAL

There are a few critical differences between men and women ... not those ... we're talking about alcohol here. One difference has to do with body composition. Women generally have a higher proportion of body fat, and lower amounts of body water, than men. So, since a woman has less water to dilute the effect, an ounce of alcohol is likely to be more concentrated in her blood than in a man's of the same weight. Women therefore can become intoxicated with smaller amounts of alcohol than men.

Something for women to keep in mind: if you actually feel like partying when you're pre-menstrual, too much drinking isn't the best plan. Here's the information: women tend to absorb more alcohol right before the menstrual period, making them likely to be more affected by a drink at that time. Also, women taking birth control pills or medications containing estrogen may remain intoxicated longer. Their liver's busy metabolizing the medicine.

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