

Binge Drinking: Self-Medication for Women?

New research from the Centers for Disease Control and Prevention shows that binge drinking is a growing problem among women and girls but that it is under-recognized.

Nearly 14 million American women binge drink three times a month, drinking about six drinks each time.

“It’s just disgusting, and you’re encouraging each other, telling each other how to drink faster so you don’t taste it,” admitted one teen in a documentary about the subject entitled *Faded*.

The CDC said about one in eight women and one in five high school girls binge drink. For women, that means consuming four or more alcohol drinks in one sitting.

The organization warns that the trend puts women at a higher risk for breast cancer, heart disease, sexually transmitted diseases, and unintended pregnancy.

If pregnant, binge drinking can also lead to fetal alcohol spectrum disorders and sudden infant death syndrome.

Overseas, the problem is even worse, forcing the Scottish government to address the epidemic through a new app.

The app offers a glimpse of how women will look if they keep drinking regularly. A woman must take a picture of herself, list how much she drinks, and then the app will show the results over a series of years.

Dr. Keri Peterson, an Internist, said binge drinking among women is a result of stress relief and self medication.

Other researchers blame alcohol companies for targeting women

with fruity, bubbly, brightly colored “lighter” products.

“These are not alcoholic beverages that any guy would ever wanna be seen drinking. They’re clearly oriented to women,” said Dr. David Jernigan, at the Center on Alcohol, Marketing & Youth.

The alcoholic beverage industry denies the accusation and points out that teenage drinking is at an all time low.

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