

CONVERSATIONS UNLIMITED - Tuesday, Jan. 13, 1987

INTRO UP AND UNDER

Hi, everybody. We've just come through the wettest day of the year. I'm referring to New Year's Eve and alcoholic drinks. It's safe to guess that more booze is consumed in the 12 hours around midnight each Dec. 31 than at any other similar period each year. Today I'll be talking with Dr. Sheila Blume about alcohol, its use and abuse. Dr. Blume is clinical professor of psychiatry at the State University of New York at Stony Brook and directs the Alcoholism and Compulsive Gambling Programs at South Oaks Hospital in Amityville, New York. She has attracted much media attention recently with a review she prepared on women and alcohol. Dr. Blume, one of the points that struck me in reading your report is that most studies of the past concentrated on men alcoholics, and so we don't have adequate information yet on women alcoholics.

INTERVIEW DR. BLUME:

- Conclusions:

- * Women drink less than men
- * Women are more likely to abstain than men
- * Women have lower rates of alcohol problems than men

- But...

- * Women have higher peak blood alcohol levels
- * Women's menstrual cycles influence peak levels
- * Drinking and alcohol problems have increased in women considerably since the end of World War II WHY?
- * Younger women are more at risk (women born in 1950s have rate similar to men born in 1930s) WHY?

- Who's most affected?

- * Married women have lowest overall problem rate
- * Single women cohabitating have highest rate
- * What about heredity?
- * What about environment?

- Quickie advice for those seeking help

14:00

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~~(516)~~
800-732-9805

14:00

We'll take a short break now. When we return, we'll be talking with Sheila Blume about some other issues involving alcoholism. I hope you'll stay tuned.

BRIDGE MUSIC UP AND UNDER

Hi, everybody. I'm Al Oickle. I'm talking with Dr. Sheila Blume about alcoholism, especially about women and alcohol. Dr. Blume is on the Department of Psychiatry faculty at the State University of New York at Stony Brook. She served as commissioner of alcoholism during Governor Carey's terms in office and now heads up the alcoholism program at South Oaks Hospital on Long Island. Dr. Blume earned her medical degree at Harvard and is a psychiatrist. Dr. Blume, you've devoted much of your career to the subject of alcoholism. How did you become interested in the field?

INTERVIEW DR. BLUME:

- Review the research efforts of the past
- Review reaction to her report in JAMA
- Her recommendations for future action:
 - * Fetal focus: abstinence inadequate
 - * Advertising and marketing of alcoholic beverages
 - * Health warnings on beverage labels
 - * More attention to highway safety policies,
and to laws for child custody, abuse and neglect
 - * Greater support for outreach and treatment
 - * Greater support for research
- Final advice to those who seek help for themselves, their relatives and friends

Jr. Leagues

29:00

OUTRO

Page 3 - CONVERSATIONS UNLIMITED - Jan. 13, 1987

PROMO - For use no later than 5:55 p.m. Jan. 13, 1987

Hi, everybody. This is Al Oickle. You can hear me on Conversations Unlimited every Tuesday evening at 6, here on WUSB. This week, I'll be talking with Sheila Blume about women and alcohol. Are more women than men alcoholics? Do women alcoholics drink more, or less, than men? Does alcohol harm the fetus in a pregnant woman? Dr. Blume will be answering these questions, on Conversations Unlimited, Tuesday evening at 6 o'clock. That's WUSB 90.1 FM.