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THE TELESCOPING EFFECT OF ALCOHOL: TRUE OR FALSE?

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Epidemiological studies have demonstrated that for equal quantity of alcohol used, females experience greater effect, compared to males. This phenomenon is referred to the telescoping effect. These peculiarities are as a result of the gender differences in the brain's structural/functional systems etc. In spite of these differences, researchers have constantly reported a variety of inconsistencies of data concerning the differences in alcohol related problems among male and female genders. We therefore, reviewed and examined current literature data on the gender differences in alcohol use and related problems. Our data for the past years of research suggest that alcohol use is higher among the female population, although related problems are slightly higher among the males  $p < 0.05$ . These differences might be due to the higher doses of alcohol used by males, as well as the circumstances of use. Several other studies have noted a no difference rate in the percentages of alcohol users among female and male genders. This present work shows that the gender differences in alcohol use is closing up, and might show higher proportion of use, in some cases for the females. Generally, higher rate of alcohol problems are reported among males, probably because of the higher dose effect, as well as the peculiar sociability pattern of behavior among the male populations.