

# Alcohol & Drug Use in the Trans\* Community

\*TRANSGENDER\*TRANSSEXUAL\*NON-BINARY\*GENDERQUEER\*GENDERFLUID\*GENDERFUCK  
\*GENDERLESS\*AGENDER\*BI-GENDER\*TWO-SPIRIT\*TRANS MAN\*TRANS WOMAN

## Did you know...

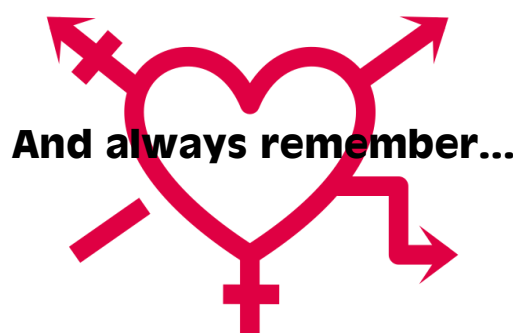
- Approximately 20-30% of trans\* and LGB individuals report abusing drugs and alcohol, compared to 9% of the general population.
- Trans\* and LGB individuals are twice as likely to binge drink when compared to their non-trans\* & heterosexual peers.
- Alcohol or drug addiction may prevent trans\* individuals from meeting basic requirements for sex reassignment surgery.

**If you choose to transition with the help of hormones or other medications, remember: *alcohol and medications DON'T mix!***

- Drinking alcohol while undergoing hormone replacement therapy has been linked to an **increased risk** for breast cancer.
- Drinking alcohol while taking medications can cause the medication to be **less effective**. (*In most cases, your body will metabolize the alcohol before the medication.*)
- Mixing medications with alcohol can **intensify the side-effects** of the medication, and cause an increased response to alcohol.
- To be safe, **never mix** alcohol with any type of medication before first checking with a health care professional.

**Regardless of how you identify, there are ways to reduce risk when using alcohol and other drugs:**

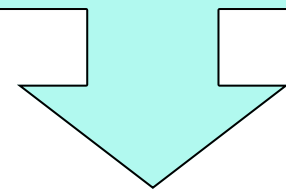
- **Space out your drinks** (1 standard drink per hour).
- **Alternate** alcoholic and non-alcoholic drinks.
- **Know your limit:** the good effects of alcohol happen at lower BAC levels.
- **Set a drink limit** before you start drinking and stick to it.
- **Avoid** pre-gaming, chugging, and drinking games.
- **Eat before or while you drink:** eating foods high in protein slows alcohol absorption.
- **Avoid** mixing drugs (even over-the-counter drugs) with alcohol.



Brought to you by:  
**Alcohol, Tobacco, and Other Drugs**  
Center for Health and Well-Being  
Suites on Maple East, Suite G59  
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## If your friend is Trans\* ...

- Refer to your friend using their preferred pronoun (e.g., he; she; ze).
- Bring your friend to a trans\*-friendly campus event.
- Offer support around alcohol, drugs, or any other issues.
- Know where useful on- and off-campus resources are located.



## IUP Campus Groups and Resources

**Alcohol, Tobacco, and Other Drugs**  
[www.iup.edu/atod](http://www.iup.edu/atod)

**Counseling Center at IUP**  
724-357-2621

**IUP President's GLBT Commission**  
[www.iup.edu/glbtc/](http://www.iup.edu/glbtc/)

**IUP Pride Alliance**  
[www.pridealliance.wordpress.com](http://www.pridealliance.wordpress.com)

**IUP Safe Zone**  
[www.iup.edu/safezone/](http://www.iup.edu/safezone/)

**Lutheran Campus Ministry at IUP**  
[www.lcmiup.org](http://www.lcmiup.org)

## Other Resources

**The Gay and Lesbian Community Center of Pittsburgh (GLCC)**  
[www.glccpgh.org](http://www.glccpgh.org)

**Persad Center in Pittsburgh**  
[www.persadcenter.org](http://www.persadcenter.org)

**It Gets Better Project**  
[www.itgetsbetter.org](http://www.itgetsbetter.org)

**Parents, Families and Friends of Lesbians and Gays**  
[www.PFLAG.com](http://www.PFLAG.com)

**First Unitarian Universalist (UU) Church of Indiana, PA**  
[Firstuu-indianapa.org](http://Firstuu-indianapa.org)

**SoulForce**  
[www.soulforce.org](http://www.soulforce.org)