

# health+body

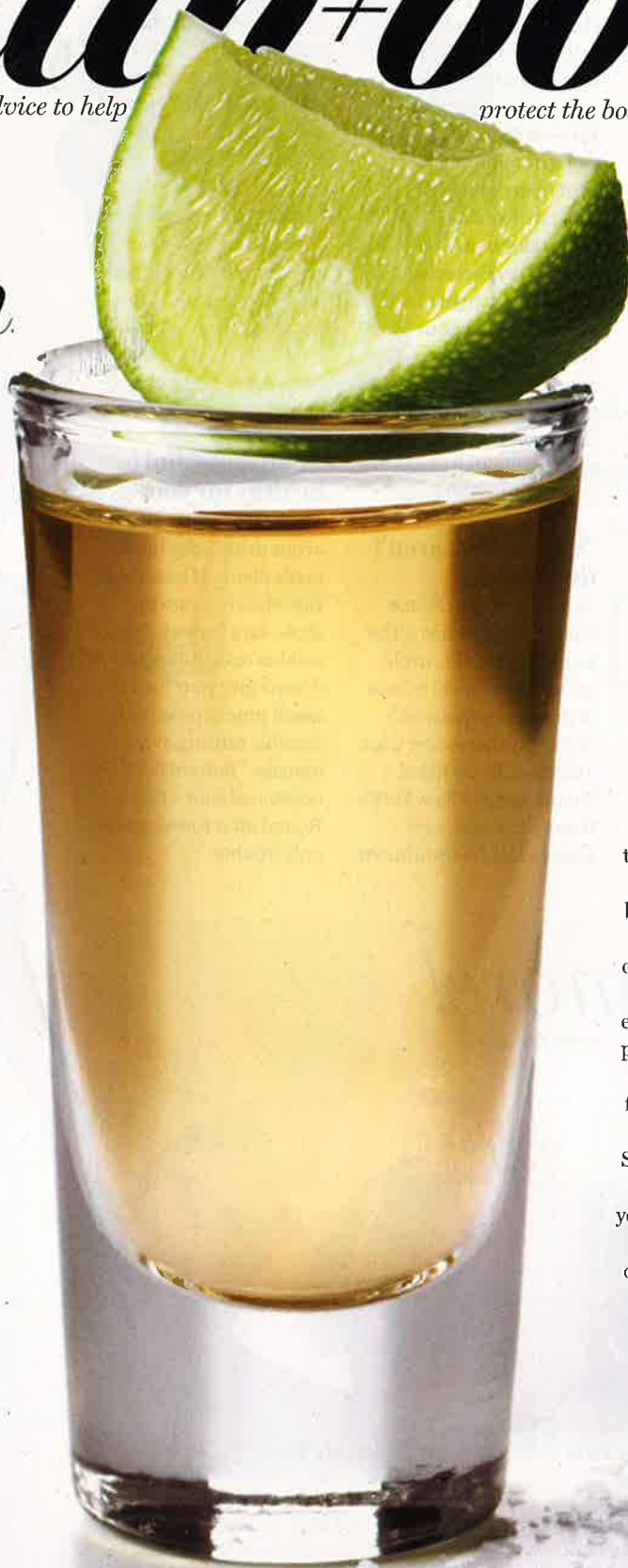
Must-read news and expert advice to help

protect the body you love

## The Truth About the Shots Craze

More and more women are knocking back these petite-sized drinks. Harmless fun or frightening health risk? Experts weigh in.

BY SARAH GROSSBART



Shots are having a moment: The hip-hop duo LMFAO's song "Shots" mentions the word—wait for it—77 times; the cast of MTV's *The Real World* tosses back two or three shots, plus liquor chasers, on an average night out; and there's even vodka eyeballing—the trend of pouring vodka into your eye on the (totally false) theory that it gets you drunker quicker. Scary! So we wondered, How do shots affect your health? Are they any worse than a glass of pinot? Turn the page to find out.



### BEFORE YOU CALL BOTTOMS UP...

Know that a shot of tequila—that's 1.5 ounces—has eight times the alcohol content of beer!

Women told us plenty of reasons they love shots. But are we all just wearing “tequila goggles”? See for yourself.

**“With shots, I can drink like a guy.”**

Having a few rounds of shots, says Nikki, 28, “can be a fun throwback to college-type bonding with my guy friends.” The problem: “We metabolize alcohol differently than men,” says Dafna Kanny, Ph.D., senior scientist in the alcohol program at the Centers for Disease Control and Prevention. “It takes longer for women’s bodies to break down the alcohol, because we have less water and less of an alcohol-metabolizing enzyme, so more liquor reaches the bloodstream.”

**“Shots won’t make me gain weight.”**

Callie, 24, echoed the sentiment of many women: “I

save calories by ordering a shot instead of a mixed drink.” It’s true—a margarita is about 500 calories; a shot of tequila, only 100—so if you stop at one, you *will* come out ahead. “But many women think, I can have five shots for the same calories as a cocktail,” says Jeffrey Parsons, Ph.D., an addiction psychologist at Hunter College in New York City. And remember, a shot is 1.5 ounces. “Most people pour more than that,” says Parsons. “They aren’t using shot glasses; they’re using highballs!”

**“Sweet shots aren’t that strong.”**

At celeb hot spot Prime One Twelve in Miami, the Kamikaze (vodka, triple sec and lime juice) is “one of the most popular lady faves,” says bartender Olga Martinez. Beate Kiser, bar manager at New York’s Beauty & Essex, says women also like Starbursts

(a mix of five different flavors of vodka). Cinya, 26, explains why: “Sweet shots don’t *taste* strong. I assumed straight shots were much more potent.” Not true—Kamikazes, for example, clock in at 34 percent alcohol; a Chocolate Cake shot (vodka and Frangelico) contains 40 percent alcohol, the same as Patron tequila. To put that in perspective, wine has 12 percent alcohol; beer, 5 percent.

**“A little alcohol is healthy for you.”**

The heart-healthy benefits of one drink a day have made plenty of headlines. But when it comes to shots, says Parsons, “the sudden rush of alcohol doesn’t give your liver as much time to process it, possibly causing more damage.” Bottom line: The occasional shot—fine. Round after round spells only trouble.

# HEALTH ANSWERS, PLEASE!

From JoAnn E. Manson, M.D.



## Is it better to sleep in one position over another?

—D.K., Palm Beach, Fla.

Yes: whatever position gives you the most restful sleep. That said, certain positions may be better than others if you have a health condition. If you snore or have sleep apnea, avoid sleeping on your back, a position that can make breathing more difficult. If you have gastric reflux, sleeping on your left side can help. And I’d discourage sleeping on your stomach, which can strain your neck, or sleeping in cramped positions: You need the freedom to shift around in order to avoid stiffness and to improve circulation.

## Can my pet sleep with me?

It’s not ideal. Dogs and cats carry a lot of bacteria and, in rare cases, can transmit parasitic infections or other diseases to their owners if they sleep together (or “kiss” on the lips). If you insist, make sure your pet’s in good health—and keeps her saliva to herself!



Glamour contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston’s Brigham and

Women’s Hospital, a professor of medicine at Harvard Medical School and a lead researcher on several women’s health studies. Got a Q of your own? Email Dr. Manson at healthhelp@glamour.com.

# Eat...more!

We do the calorie math for you.



**You Could Have This**  
Chili cheese dog  
(beef hot dog with 3 tbsp. chili and 2 tbsp. cheese sauce)  
609 CALORIES, 36 GRAMS FAT



**Or All This**  
Beef hot dog with 2 tbsp. relish and 2 tsp. (2 packets) ketchup, plus 1 cup french fries and an 8-oz. lemonade  
590 CALORIES, 28 GRAMS FAT

SO REMEMBER: At the ballpark, hefty fixings add loads of fat and cholesterol to your dog. Reach for fat-free toppings and enjoy fries and a drink! —Marissa Lippert, R.D.