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Тема:»The Dangers of Alcohol».

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Frequently Asked Questions About Alcohol Abuse and Alcoholism.

Alcoholism is a chronic, often progressive disease, and, like many other diseases, it has a generally predictable course, recognized symptoms, and is influenced by both genetic and environmental factors that are being increasingly defined.



Alcoholism is likely when an individual experiences at least 3 of the following symptoms during any 12-month period:

Tolerance (increasing amounts of alcohol are required to achieve a desired effect); withdrawal symptoms (such as nausea, sweating, shakiness, and anxiety); drinking larger amounts over a longer period of time than intended. A persistent desire to drink, or unsuccessful efforts to control drinking. Giving up or reducing important social, occupational or recreational activities in favor of drinking. Spending a great deal of time obtaining alcohol, drinking or recovering from drinking. Continued drinking despite knowledge of having a persistent or recurring physical or psychological problem either caused or exacerbated by drinking.

Is alcoholism inherited?

Alcoholism tends to run in families and genetic factors partially explain this pattern.

A child of an alcoholic parent will not automatically develop alcoholism and a person with no family history of alcoholism can become alcohol dependent.

Does a person have to be alcoholic to experience problems from alcohol?

No. Even if you are not alcoholic, abusing alcohol can have negative results. Alcohol abuse is likely if an individual exhibits at least one of the following traits:

Continued use despite social or interpersonal problems by drinking.

Recurrent drinking when alcohol use is physically hazardous.

Recurrent drinking resulting in a failure to fulfill major obligations at work, school or home. Recurrent alcohol-related legal problems

What is a safe level of drinking?

Most adults can drink moderate amounts of alcohol up to two drinks per day for men and one drink per day for women and older people (one drink equals one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits). However, certain individuals should not drink at all.

They include:

Recovering alcoholics. Anyone suffering with a psychological condition, just a few examples of which are extreme distress, depression, anxiety disorders or personality disorders. People who plan to drive or engage in other activities requiring alertness and skill. People taking certain medications, including some over-the-counter medications. People with medical conditions that can be worsened by drinking.

As people get older, does alcohol affect their bodies differently?

Yes. As a person ages, certain mental and physical functions tend to decline, including vision, hearing, and reaction time. It is also true that other physical changes associated with aging can make older people feel .high, after drinking fairly small amounts of alcohol. These combined factors make older people more likely to have alcohol-related falls, automobile crashes, and other kinds of accidents.

In addition, older people tend to take more medications than younger persons, and missing alcohol with many over-the-counter and prescription drugs can be dangerous (even fatal), and many medical conditions common to older people, including high blood pressure and ulcers, can be worsened by drinking.

If I am taking over-the-counter or prescription medication, do I have to stop drinking?

Possibly. More than 100 medications interact with alcohol, leading to increased risk of illness, injury and, in some cases, death. The effects of alcohol are increased by medicines that slow down the central nervous system, such as sleeping pills, antihistamines, antidepressants, anti-anxiety drugs, and some painkillers. In addition, medicines for certain disorders, including diabetes and heart disease, can be dangerous if used with alcohol. To be on the safe side, always ask your prescribing physician whether it is advisable to drink alcohol while taking any medication

Positive Physical Effects of Alcohol

When you drink, how does that glass of wine in your hand make you feel? I'm certain that you experienced the following physical changes:

1. Improvement of mood or euphoria

- Effects of alcohol include feelings of physical relaxation, friendliness, cheerfulness, and increased self-confidence.
- These feelings help you in a social setting such as a party. But when you abuse it, that glass of alcohol in your hand affects you physically.

2. Promotion of sleep

- A small dose of alcohol helps increase total sleep time and prevention of awakenings during the night. Insomniacs even experience improved sleep from moderate doses.
- But here's where its danger lies: Based on facts, it is a psychoactive drug that brings about effects on your mood that you might find pleasant. The feeling of pleasantness may lead to abuse and eventually, to physical dependence.
- Many people engage in heavy drinking in the hope of creating that feeling over and over again. The habit opens the door to abuse. What follows are the *dangers of alcohol* and both its short term and long term physical effects.

Its Negative Physical Effects

There are more dangerous consequences to drinking than the good physical effects. As you drink more, most of its short term effects become unpleasant.

The negative physical side effects are . . .

1. Shortened attention span

- You have a hard time focusing when you're drunk.

2. Impaired judgment

- Inability to think straight is one of the effects of too much liquor in your system. It causes you to say the first thought that comes to mind which, most often than not, is inappropriate.

3. Body movement coordination problems

- Its abuse leads to unstable physical movements such as stumbling and loss of balance.

4. Comprehension and memory problems

- Its abuse cause dangers to your brain cells particularly cells that are responsible for comprehension and memory.

5. Blurred vision and senses

- Its abuse is marked by physical dangers such as dizziness and impaired speech and awareness.

6. Confusion

- Its abuse can result to uncertainty of where you are and what is happening around you.

7. Heightened emotional state

- Its abuse can lead to heightened emotions. It opens to dangers such as aggressiveness, withdrawal or overt affection.

8. Poor pain response

9. Nausea and vomiting

- Its abuse always result to nausea and vomiting especially if you drink on an empty stomach.

10. Asphyxiation

- Its abuse can cause dangers like choking when you vomit while you're unconscious.
- Now let's talk about the physical long term effects of alcoholic drinks.



Harmful and Physical Long Term Effects

The effects are definitely not only for a short period of time. As you continue to abuse it over a long period of time, you face a lot of dangers to your health that include . . .

1. Damaged cell membranes

- Your cells are like sponges that quickly absorb alcohol. In fact, as soon as liquor enters the bloodstream, it spreads to nearly every tissue in your body.
- Remember that any damage to your cell results to mutations. A mutation that can't be repaired becomes a trigger point for cancer to start and the prevention of the disease becomes extra challenging.
- An alcoholic drink is a proven risk factor for prostate cancer.
- Related Article: [What is Prostate Cancer.](#)

2. Unconsciousness

- Its abuse may lead to coma. How? When you drink too much, this is what happens:
- Your reflexes are depressed
- Your breathing becomes slow and shallow
- Your heart rate drops
- All of these may signal you're losing consciousness. If breathing becomes slower, there may not be enough oxygen going to your brain. Lack of oxygen can cause coma.

3. Blood poisoning

- Liquor has toxic effects on your blood because it contains substances that aren't supposed to be with your blood.

4. Hallucinations

- I have seen news where a father murdered his own child because he was too drunk that he reported seeing a hideous monster instead of his child.

5. Suppression of Anti-Diuretic Hormone (ADH)

- Production of ADH is inhibited. This is one of the dangers of alcohol you must avoid because this makes your kidneys unable to absorb as much water as they should. When this happens, the consequence is dehydration.

6. Brain damage

- This is caused by apoptosis or cell death in the neurons.

7. Liver cancer

- This is one of the long term dangers or effects of an alcoholic drink. It is also a risk factor for other types such as breast cancer.

8. Death

- Death may occur when its concentration in the bloodstream reaches .40%. This is one of the dangers of alcohol. You may also die from alcohol-related cancers.



The Dangers of Alcohol for Women

Women's bodies metabolize alcohol more slowly than men. Women are also usually slighter of build and weigh less, making them more susceptible to the effects of alcohol. Alcohol affects women in the following harmful ways:

-Breast Cancer..

-Infertility

-Pregnancy complications.

-Alcohol abuse.

-Sexual assault.

-Depression. .



The Dangers of Alcohol for Men

Men generally have a higher alcohol tolerance than women, leaving them more open to slip into problem drinking. When men use alcohol as a way of dealing (or not dealing) with frustration and emotional pain, a couple of drinks per day to relax can quickly lead to alcohol abuse.

Alcohol affects men in the following harmful ways:

- Cognitive impairment.
- Gout.
- Appearance.
- Colon cancer.
- Liver cancer.
- Erectile Dysfunction



How Alcohol Affects Teenagers

The legal drinking age in any state in the US is 21. Teenagers who begin drinking while they're still in high school are at a much greater risk for developing serious health, social and legal problems. The most common risks associated with teenage drinking are:

- Drugs
- Sexual activity.
- Dropping out.
- Suicide.
- Attention and learning difficulties.
- DUI.



Alcohol Poisoning: When Enough Is Too Much

Binge drinking can lead to alcohol poisoning and it's one of the primary dangers of heavy alcohol consumption. Symptoms of alcohol poisoning include seizures, vomiting, slow breathing, irregular breathing, low body temperature, confusion, pale skin, and/or fainting with an inability to be roused.



Does alcohol treatment work?

Treatment outcomes for alcoholism compare favorably with outcomes for many other chronic medical conditions. The longer an individual abstains from alcohol, the more likely they are to remain sober. Ongoing support from mental health professionals, family members and others are extremely significant to recovery. It is important to remember that many people relapse once or even several times before achieving long-term sobriety. Relapses are common and do not mean that a person has failed or cannot eventually recover from alcoholism. If a relapse occurs, it is crucial to once again stop drinking and to get whatever professional help is needed to continue abstaining from alcohol.

The Danger of Withdrawal

The dangers of alcohol don't stop when the person stops drinking. Very heavy drinkers often experience serious alcohol withdrawal that should be monitored by a professional. This isn't to say you can't cut back on alcohol on your own but if you or someone you care about has been drinking daily and heavily for years, professional guidance is strongly recommended.

The physical and mental effects of alcohol withdrawal include anxiety, irritability, rapid emotional shifts, fatigue, nightmares, shakiness, tremors, depression, headache, heart palpitations, and clammy skin. While most of these effects are mild and lessen with time, more serious alcohol withdrawal symptoms such as convulsions, blackouts, fever, and hallucinations (also called "delirium tremens"), should be treated in a private inpatient or outpatient facility by a professional. MedScape defines delirium tremens as "a medical emergency with a high mortality rate, making early recognition and treatment essential."