

ALCOHOL ABUSE

Symptoms and Treatment for Alcohol Addiction



WHAT IS ALCOHOL ABUSE?

A pattern of drinking that interferes with day-to-day activities. With alcohol abuse, a person is not yet physically dependent on alcohol but still has a serious drinking problem. Symptoms include a failure to fulfil major work, school or home responsibilities, legal or social problems or drinking in situations that are dangerous, such as while driving.

COMMON METHODS OF ALCOHOL ABUSE

Binge drinking, which is excessive drinking that is defined as 5 or more drinks in 2 hours. is one of the common methods. Most people who are binge drinkers are not identified as alcohol dependent.

Teenage drinking is also common. Many teenagers misuse alcohol due to the accessibility of the substance and peer pressure. They may exhibit signs including low energy, having alcohol paraphernalia, concentration problems, problems with coordination, mood swings, changing social circles, declining academic performance, and behavioural issues/rebelling.

PREGNANT WOMEN AND ALCOHOL

Alcohol can present various dangers during pregnancy, and there is no known level of use that is considered safe. Drinking while pregnant is dangerous because the alcohol is passed on to the baby and can cause miscarriage; stillbirth; and numerous physical, behavioural, and intellectual development issues, including low body weight, poor coordination, hyperactive behaviour, poor memory, learning disabilities, poor judgment skills, visions, or hearing problems.

ALCOHOLISM TREATMENT

During treatment, individuals go through detoxification. Detoxification is the set of interventions used to keep a person safe as they readjust to a lack of alcohol in the body. Medical detox is extremely important for someone dependent on alcohol because withdrawal can cause delirium and potentially life-threatening seizures, along with other very serious symptoms. Treatment centres are designed to provide support in the form of individual therapy, as well as group therapy. To start your treatment journey, you may contact:

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