

A Note on Treatment of Alcohol Abuse

Kathleen A Grant*

Department of Physiology and Pharmacology, Wake Forest University School of Medicine, Medical Center Boulevard, Winston-Salem, USA

DESCRIPTION

Alcoholism, often known as alcohol misuse, is a significant issue. It's a practice of consuming excessive amounts of alcohol on regular basis. It obstructs their day-to-day activities. If people consume too much alcohol at one time or too frequently during the week, they may be suffering from alcohol abuse. It's also an issue if someone can't quit drinking and overall relationships suffer as a result. Visitors may be unable to perform at work and in other aspects of life as a result of it [1]. Alcohol abuse can develop alcoholism, which is a physical dependence on alcohol. Alcohol poisoning can also be caused by consuming too much alcohol at once. A 12-ounce bottle of beer, a 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits constitute one alcoholic drink (such as whiskey, rum, or tequila).

Teens' use and abuse of drugs and alcohol is prevalent, and it can lead to catastrophic repercussions. In the 15-24 year old age group, alcohol or drug misuse is involved in 50% of deaths (accidents, murders, and suicides). Physical and sexual aggressiveness, such as assault or rape, are also exacerbated by drugs and alcohol. Abstinence (non-use), experimentation, regular use (both recreational and compensating for other difficulties), misuse, and reliance are all stages of a teen's alcohol and drug experience. Repeated and regular recreational usage can lead to anxiety and depression, among other issues. Some kids use drugs or alcohol to cope with anxiety, despair, or a lack of positive social skills on a daily basis [2].

A kid with a family history of alcohol or drug misuse and a lack of pro-social skills can quickly progress from experimentation to significant abuse or dependent habits. Other teens that try but have no family history of abuse may develop abuse or dependence. As a result, there's a strong probability "one" will harm anyone. Teenagers with a family history of alcohol or drug misuse should avoid experimenting and abstain. Nobody can say for sure who will abuse or get addicted to drugs, except that non-users will never do so. A reduction in academic performance, a change in friends, delinquent conduct, and deterioration in family ties are all warning indications of teen drug or alcohol usage.

Correspondence to: Kathleen A Grant, Department of Physiology and Pharmacology, Wake Forest University School of Medicine, Medical Center Boulevard, Winston-Salem, USA, E-mail: kagrants@wfubmc.edu

Received: 02-Feb-2022, Manuscript No. JALDD-22-16482; **Editor assigned:** 04-Feb-2022, PreQC No. JALDD-22-16482 (PQ); **Reviewed:** 18-Feb-2022, QC No. JALDD-22-16482; **Revised:** 23-Feb-2022, Manuscript No. JALDD-22-16482 (R); **Published:** 02-Mar-2022, DOI: 10.35248/2329-6488.22.10.352

Citation: Grant KA (2022) A Note on Treatment of Alcohol Abuse. J Alcohol Drug Depend.10: 352.

Copyright: © 2022 Grant KA. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Symptoms of alcohol abuse

Alcohol has various negative impacts on health. Cirrhosis, a liver condition, can be caused by it. It is a major cause of accident-related fatalities and injuries. If parents consume alcohol while pregnant, it can harm their baby's health. It might lead to a bleeding ulcer and irritate the stomach lining. Alcohol can also cause weight gain, make one feel ill or disoriented, produce poor breath, and trigger acne breakouts [3].

Alcohol abuse treatment

If users are the one who is abusing alcohol, the first step is to admit that they need treatment. Many studies have shown that those who are battling alcoholism can benefit from therapy. Everyone, however, is unique. Not all therapies are effective for everyone. The sooner a person receives therapy, the higher the chances are of a positive outcome [4].

Alcohol abuse can be treated with behavioral treatment. Support groups, psychotherapy, or a mix of the two can be used as therapy. Some prescription drugs can help people stop or cut back on their alcohol consumption. Some drugs, like all others, may produce negative effects.

CONCLUSION

Alcohol is not a common product. While many people associate it with pleasure and sociability, the negative repercussions of its usage are many and ubiquitous. Globally, the policy must take into account various conditions in different civilizations to limit the harm caused by alcohol. Two aspects of alcohol use that must be considered in attempts to lessen the burden of alcohol-related issues are average quantities drunk and drinking patterns. Avoiding the combination of drinking and driving is one example of a practice that can help to decrease the harmful effects of alcohol on the body.

REFERENCES

1. Johnson BA, Ait-Daoud N. Neuropharmacological treatments for alcoholism: scientific basis and clinical findings. *Psychopharmacology*. 2000; 149(4):327-344.
2. Johnson BA. Update on neuropharmacological treatments for alcoholism: scientific basis and clinical findings. *Biochem Pharmacol*. 2008; 75(1):34-56.
3. Hill SY. The disease concept of alcoholism: A review. *Drug Alcohol Depend*. 1985; 16(3):193-214.
4. Keller M. The disease concept of alcoholism revisited. *J Stud Alcohol Drug*. 1976; 37(11):1694-1717.