

## The Effects and Early Interventions of Alcoholism in Humans

Derek Moates\*

Department of Medicine, University of Stavanger, Stavanger, Norway

### DESCRIPTION

Alcoholism, also known as Alcohol Use Disorder (AUD), is a chronic relapsing brain disease characterized by compulsive alcohol use, loss of control over alcohol intake and a negative emotional state when not using. It affects millions of individuals worldwide and can have devastating effects on health, relationships and overall quality of life. Recognizing the signs of alcoholism is crucial for early intervention and successful treatment. This study, discusses into the various signs and symptoms of alcoholism.

**Increased tolerance:** One of the early signs of alcoholism is an increased tolerance to alcohol. This means that over time, individuals need to consume more alcohol to achieve the same effects they once experienced with smaller amounts. Building tolerance can lead to excessive drinking and is often a red flag for developing alcohol dependence.

**Withdrawal symptoms:** Another hallmark of alcoholism is experiencing withdrawal symptoms when attempting to cut down or stop drinking. These symptoms can range from mild to severe and may include tremors, sweating, nausea, anxiety, insomnia and even seizures in extreme cases. Withdrawal symptoms typically manifest within hours to a few days after the last drink.

**Loss of control:** Individuals with alcoholism often struggle to control their drinking behavior. Despite their best intentions to limit alcohol consumption, they find themselves unable to stop once they start drinking. They may repeatedly drink more than they intended and have unsuccessful attempts to cut back or quit altogether.

**Neglecting responsibilities:** As alcoholism progresses, individuals may prioritize drinking over their responsibilities at work, school or home. They may neglect duties, miss deadlines or perform poorly in their roles due to alcohol-related impairment. This neglect can lead to strained relationships and financial difficulties.

**Despite consequences:** Despite experiencing negative consequences as a result of their drinking, individuals with alcoholism continue to use alcohol. These consequences

may include health problems, legal issues such as Driving Under the Influence (DUIs), damaged relationships or job loss. Despite these adverse outcomes, the compulsion to drink persists.

**Preoccupation with alcohol:** Alcohol becomes a central focus in the lives of individuals with alcoholism. They may spend a significant amount of time thinking about alcohol, planning when and where to drink or recovering from its effects. This preoccupation can interfere with other aspects of life and lead to social isolation.

**Hiding or denying drinking:** Many individuals with alcoholism try to conceal the extent of their drinking from others. They may lie about how much they drink, hide alcohol around the house or in unlikely places or drink alone to avoid judgment or scrutiny from loved ones. Denial is a common psychological defense mechanism used to justify continued drinking despite its negative effects.

**Mood swings and irritability:** Alcoholism can lead to mood disturbances, including mood swings, irritability and emotional volatility. Alcohol affects neurotransmitters in the brain, which can disrupt mood regulation and lead to unpredictable emotional responses. These mood changes can strain relationships and exacerbate social problems.

**Physical health problems:** Chronic alcohol abuse can take a severe toll on physical health, leading to a wide range of medical conditions. These may include liver disease, cardiovascular problems, gastrointestinal issues, neurological disorders and an increased risk of certain cancers. Persistent heavy drinking can significantly shorten lifespan and reduce overall quality of life.

**Blackouts and memory loss:** Alcoholism can cause blackouts, periods of time where individuals are unable to recall events that occurred while they were intoxicated. Blackouts are a result of alcohol's effects on the brain's ability to form and retain memories. Frequent blackouts can indicate a dangerous level of alcohol consumption and may be a sign of alcoholism.

Alcoholism is a complex and progressive disorder that can have devastating consequences if left untreated. Recognizing the signs and symptoms of alcoholism is the first step towards seeking help and initiating recovery. If you or someone you know is struggling

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**Correspondence to:** Derek Moates, Department of Medicine, University of Stavanger, Stavanger, Norway, Email: derek\_m@nedu.com

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with alcohol abuse, it's essential to reach out to a healthcare professional or addiction specialist for support and guidance.

With the right treatment and support, recovery from alcoholism is possible and a healthier, happier life can be achieved.