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ALCOHOL



Alcoholism is an addiction that can lead to a number of social, economic and health problems. The consequences of addiction can range from mild to severe, depending upon the individual, but there are many similarities when it comes to how alcohol addiction affects the human body and the overall ramifications of alcohol abuse. Even so, thousands of people abuse alcohol each year.

WHAT IS ALCOHOLISM?

Alcoholism, also known as “alcohol dependence,” includes four symptoms:

- Craving: A strong need, or compulsion, to drink.
- Loss of control: The inability to limit one’s drinking on any given occasion.
- Physical dependence: Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking.
- Tolerance: The need to drink greater amounts of alcohol in order to “get high.”

ALCOHOLICS CAN’T JUST QUIT...

Alcoholism has little to do with what kind of alcohol one drinks, how long one has been drinking, or even exactly how much alcohol one consumes. But it has a great deal to do with a person’s uncontrollable need for alcohol.

This description of alcoholism helps us understand why most alcoholics can’t just “use a little willpower” to stop drinking. He or she is frequently in the grip of a powerful craving for alcohol, a need that can feel as strong as the need for food or water.

Although some people are able to recover from alcoholism without help, the majority of alcoholics need assistance. With treatment and support, many individuals are able to stop drinking and rebuild their lives. For more information on alcoholism click the following link: <http://www.drugabuse.gov/drugs-abuse/alcohol>