

Alcohol Use Disorder



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Alcohol use disorder is a medical illness represented by inordinate and uncontrolled alcohol consumption. It's also known as alcoholism, alcohol dependence, or alcohol scurrility. People with alcohol use disorder continue to consume alcohol despite the fact that it may cause internal suffering or physical detriment to themselves or others. Depending on the frequency of consumption, alcohol use disorder can be classified as mild, moderate, or severe.

It might appear abruptly or gradually over time. Alcohol use disorder when outlined further is a lack of control over alcohol use, which is accompanied by changes in the brain related to the prosecution of motivated actions as well as the control of pressure and feelings. Social settings where alcohol is present as well as emotional wellbeing are both important in maintaining an individual's drinking behaviour.

Alcohol abuse has severe adverse physical and emotional effects. Alcohol abusers may miss important academic, work, or family obligations. Alcohol abusers may face ongoing legal problems as a result of their drinking, similar as repeated apprehensions or arrests for driving while intoxicated. As a result of uncontrolled drinking, alcohol abuse can cause strain in interpersonal relationships.

Failed attempts to reduce or stop alcohol intake are the most visible symptoms of alcohol use disorder. Additional indications include:

- A strong desire to consume alcohol.
- Utilizing alcohol in settings where security is an issue, like when driving or swimming.
- Developing a high tolerance to alcohol, requiring more to feel the same effects.
- Symptoms of withdrawal include sickness, stress, distress, tremors, insomnia, and in severe situations, convulsions and delirium. Most people with alcohol use disorder experience withdrawal symptoms once they quit drinking; some may require medical care for detoxification, while others may be able to limit drinking on their own. Supportive care for hydration and electrolytes, as well as thiamine supplements, are some portions of the treatment for moderate alcohol use disorder. A pharmaceutical treatment plan is devised for people who end up in the hospital, which includes benzodiazepines to treat alcohol withdrawal pattern. A case may be conceded to a detoxification program at a treatment center where the withdrawal symptoms are also medically controlled, which can last 2 to 7 days.

Pharmaceutical medications to treat severe Alcohol Use Disorder can be in various forms, some are injected once a month by a medical provider, while others are accessible in lozenge form, the injectable interpretation of the medicine may be easier for persons recovering from alcoholism to use on a consistent basis.

Pharmaceutical medications further assist in:

- Reducing the desire to drink, but it will not cure alcoholism.
- Prevent the enjoyable emotions caused by alcohol which will reduce the need to binge drink by dwindling the desire to drink.
- Assist in overcoming alcohol cravings.

An alternative form of treatment, which is less invasive, is psychological treatment and the acquisition of new abilities. This is a structured programme that generally entails goal setting, behaviour revision approaches, and the use of self-help manuals, counselling, and follow-up care at a treatment facility. Counselling and therapy for groups and individualities can help in understanding that alcohol is a problem and begin steps for individuals to recover from the psychological effects of alcohol abuse. Family support can be a pivotal component of the recovery process. Continued assistance and farther aftercare programs assist with recovering from alcoholism, managing relapses, and conforming to necessary life changes through participation in a group.



References

1. Alcohol use disorder (2022) Mayo Clinic. Available at: <https://www.mayoclinic.org/diseases-conditions/alcohol-use-disorder/symptoms-causes/syc-20369243> (Accessed: 03 January 2024).
2. Understanding alcohol use disorder (no date) National Institute on Alcohol Abuse and Alcoholism. Available at: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-alcohol-use-disorder> (Accessed: 03 January 2024).