ALCOHOL, THE INDIVIDUAL, AND SOCIETY

Chapter 22 Lesson 3
Brain and mental health: depression, anxiety; stroke, memory loss

Mouth: Mouth cancers

Heart: heart diseases; increased heart and blood pressure; irregular heartbeats

Liver: cirrhosis; hepatitis; liver cancer

Reproductive system: reduced fertility; in women, risks to the unborn baby

Stomach: stomach ulcers and cancers

Pancreas: pancreatitis
ALCOHOL DURING PREGNANCY

- When a pregnant female drinks, alcohol passes from the mother's body into the bloodstream of the fetus.
- As a result, a pregnant female who drinks during pregnancy risks permanent damage to the fetus.
- Infants born to mothers who drink during pregnancy may be at risk of fetal alcohol syndrome (FAS), a group of alcohol-related birth defects that include physical and mental problems.
- An FAS baby may be born with:
  - A small head and deformities of the face, hands, or feet.
  - Heart, liver, and kidney defects.
  - Vision and hearing problems.
  - Slow growth and coordination.
  - Difficulties with learning, attention, memory, and problem solving.
ALCOHOLISM

- A disease in which a person has a physical or psychological dependence on drinks that contain alcohol
- An alcoholic is an addict who is dependent on alcohol
- Alcoholism isn’t limited to any age, race, ethnic, or socioeconomic group
- Regardless of background, alcoholics can develop serious health problems, such as cirrhosis of the liver and brain damage
AN ALCOHOLIC MAY DISPLAY THESE SYMPTOMS

- Craving
  - An alcoholic has a compulsion, or strong need, to drink; he or she cannot manage tension or stress without drinking

- Loss Of Control
  - An alcoholic cannot limit his or her drinking and is preoccupied with alcohol

- Physical dependence
  - When not drinking, an alcoholic may experience withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety

- Tolerance
  - An alcoholic experiences a need to drink increasingly greater amounts of alcohol in order to feel its effects

- Health, family, and legal problems
  - An alcoholic often suffers repeated injuries, receives multiple drunk driving citations, and has frequent arguments and generally poor relationships with family members
STAGES OF ALCOHOLISM

Stage 1- Abuse

Typically, alcoholism begins with social drinking in an attempt to relax. Over time, a physical and psychological dependence on alcohol to manage stress develops. At this point a person begins to drink and become intoxicated regularly.
STAGES OF ALCOHOLISM

Stage 2 - Dependence

The person reaches a point where he or she cannot stop drinking and is physically dependent on the drug. Alcohol becomes the person’s central focus. The drinker makes excuses and blames others for problems. The drinker tries to hide the problem.
STAGES OF ALCOHOLISM

Stage 3 - Addiction

Drinking is the most important thing in a person’s life. The person is addicted to the drug and their life is out of control, although frequently they do not acknowledge this fact. Because liver damage is common at this stage, less alcohol may be required to produce intoxication.
EFFECTS ON FAMILY AND SOCIETY

• Alcohol use is a major factor in the four leading causes of accidental death; car accidents, drowning, falls, and house fires.
• Alcohol also plays a major role in violent crimes, such as homicide, forcible rape, and robbery.
FOR EXAMPLE:

- About 40% of violent crimes, totaling about 3 million annually, are alcohol-related.
- Two-thirds of victims who encounter domestic violence report that alcohol was a factor in the crime.
- Nearly half of all homicide victims have alcohol in their bloodstreams.
- 95% of all violent crime on college campuses involves the use of alcohol by the assailant, victim or both.
- 90% of acquaintance rape and sexual assault on college campuses involves the use of alcohol by the assailant, victim or both.
TREATMENT FOR ALCOHOL ABUSE

• The process of learning to live an alcohol-free life is called **recovery**

• The goal of treatment programs is to stop or control the intake of alcohol

• **Sobriety**, living without alcohol, is a lifelong commitment
### STEPS TO RECOVERY

<table>
<thead>
<tr>
<th>Step 1: Admission</th>
<th>Step 2: Detoxification</th>
<th>Step 3: Counseling</th>
<th>Step 4: Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>The person admits to having a drinking problem and asks for help</td>
<td>The person goes through <strong>detoxification</strong>, a process in which the body adjusts to functioning without alcohol</td>
<td>The person receives counseling to help him or her learn to live without alcohol</td>
<td>The person takes responsibility for his or her own life</td>
</tr>
</tbody>
</table>