

Alcohol Detox

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Addiction to chemical substances is one of the most difficult diseases to treat because of their chronic and progressive nature. One example of such an addiction is alcoholism, which is a potentially fatal disease characterized by chronic consumption of alcohol. People who are alcoholics cannot stop drinking even if they experience a decline in their health, performance at work and their personal relationships. This is because for alcoholics, the most important pre-occupation is finding the their next drink. Since alcoholism is a medical condition, treating it involves employing medical interventions that are usually done in a rehabilitation center.

Detoxification

Once an alcoholic has gone to a rehabilitation center, the first step in the treatment of his alcoholism would be alcohol detoxification or alcohol detox. Alcohol detox is a period of medically monitored treatment in which an alcoholic is helped and made to overcome his physical dependence on alcohol and is designed to prepare the patient for treatment and rehabilitation. It usually lasts for a period of between three to 14 days depending on the severity of the disease. During this period, patients do a "cold turkey" and totally stop drinking, which often leads them to experience withdrawal symptoms, which include mild headaches, tremors, cold sweat, and severe seizures. To relieve these symptoms, various medications and medical procedures are administered to the patient. Some of the most common medications used are benzodiazepines and anticonvulsant medication.

Next step: Rehabilitation

Once the patient no longer exhibits any withdrawal symptoms, he will now be ready to receive rehabilitation treatment. This treatment may consist of group or individual therapy, nutrition counseling, relapse prevention, medication management, and family therapy, which are all aimed at helping the patient achieve long-term sobriety.

The first step in treating alcoholism is alcohol detox, which is a period

in which all the chemicals and substances that caused the addiction are purged from the body of the patient. During this period, patients often experience withdrawal symptoms, which makes the whole process very uncomfortable. However, there are now medications that help the patient overcome these symptoms. Alcohol detox is not pleasurable, but it is a needed "cleansing" process, which help prepare patients receive the rehabilitation that they need.

<http://www.stopdrinkingadvice.org/guide/>

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Alcohol detox is available for those people who are addicted to alcohol and want to give up their addiction. Alcohol detox is a treatment that is available for alcoholics and is the process of ridding the body of alcohol. Once the alcohol is out of the body's system the person must undergo further treatment by seeking counseling and help in changing the behaviors that exist during alcohol abuse.

Alcohol Detox and Physical Symptoms

Alcohol detox deals with the physical symptoms of withdrawal that are present when a person denies their body of alcohol that has become a daily part of life.

Once the person has undergone alcohol detox they are ready to begin a treatment program that will help them recover from alcohol abuse. The craving for alcohol will never leave an alcohol and therefore after the alcohol detox is complete the person will have to begin a lifelong behavior change that they will need to want to maintain in order to be successful.

Alcohol detox must be done under the care of a medical doctor and is usually done in a medical center that specializes in alcohol detox. If a person attempts alcohol detox on their own the result can be disastrous since they need to have medical care to help them deal with the symptoms of withdrawal. An alcohol detox medical center has the knowledge and experience to safely treat alcohol addiction and withdrawal.

The Process of Alcohol Detox

Alcohol detox is a different process for every individual and will vary each time. There are several symptoms of alcohol detox that the person will be made aware of by their doctor. These symptoms include nausea and vomiting, sweating, hand and arm tremors,

trouble sleeping, anxiety, rapid pulse, physical discomfort, agitation and frustration, and in extreme cases of withdrawal, hallucinations.

When a person begins the program of alcohol detox they will be made aware of what to expect and be given advice and medical care during the entire process. Recovering from alcohol abuse will take time, patience, and determination. Under the care of a caring medical staff the procedure of alcohol detox is as gentle as possible.

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