

Health Problems Caused by Alcohol Abuse

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Alcohol Related Liver Complications: Millions of people across the world contract liver diseases such as hepatitis or inflammation due to alcoholic drinks. Complications born out of alcoholic hepatitis can sometimes lead even to death. Around 10 to 20 percent of the heavy drinkers develop or scarring of liver requiring in some cases liver transplants. Some heavy drinkers may also contract hepatitis C virus-HCV-infection which may cause liver cancer.

Nervous System: Alcohol drinking may seriously impact the nervous system in some cases. It may depress the central nervous system. Though alcohol may stimulate the mind initially, it may lead to sedation after a continuous use. Alcohol impairs your immune system. It may affect your logical thinking, emotions and judgment. It may affect your speech and muscle coordination. It may even cause a life threatening state of coma.

Problems with Diabetics: Alcohol impedes the release of glucose from the liver which can increase the risk of low blood sugar causing a disease called hypoglycemia. This disease can prove dangerous to your life if you are already taking insulin to regulate the level of your blood sugar.

Pancreatitis: Pancreas produces insulin that regulates the blood sugar level in your body. Drinking alcohol may also endanger your pancreas that produces hormones to control you metabolism. Pancreas produces enzymes that help in digesting the proteins and carbohydrates. Long time drinking of alcohol may cause or the inflammation of the pancreas. Acute pancreatitis may cause severe abdominal pain that can be fatal at times. It can also cause diarrhea and weight loss. So stop drinking alcohol.

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