

Important Facts Regarding Alcoholism

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It is essential to understand the specifics regarding alcoholism since alcoholism is considered one type of drug addiction.

The particular facts that surround alcoholism include recognizing that physical and psychological dependence is involved when dealing with this addiction. Alcohol acts as a depressant on the central nervous system and leads to depression. Depression itself leads to decreased activity, increased anxiety, tension and inhibitions.

Another reality of alcoholism is that alcohol affects how our body and organs function. Gastrointestinal tract irritation can occur through erosion of the esophagus and stomach linings, which in turn causes nausea, vomiting and even bleeding.

Further facts include that when people drink regularly they are not absorbing vitamins properly, which can lead to nutritional deficiencies if the abuse of alcohol continues. Problems with the liver can develop and can lead to a disease called cirrhosis.

Through continued abuse the muscles of the heart can be affected. Sexual dysfunction also occurs in men, causing problems having or maintaining an erection; women may stop producing estrogen.

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