

## Is Alcoholism Hereditary?

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Children of alcoholics are more prone to have drinking dependency issues than children of non-alcoholics. Though certain studies have shown a certain hereditary tendency, especially for sons of alcoholic fathers, for developing alcohol problems, this is not the only factor.

Alcoholics are more likely to pass on the bad habits than to pass on a bad gene. Children of problem drinkers are exposed to the lifestyle of heavy drinking. They can become depressed which can heavily influence they're decision making about drinking as they get older.

It is important to discuss the effects of alcoholism with your children, especially if you have a dependency yourself. The sooner the adult stops drinking, the better the child's chance of not becoming an alcoholic themselves. Removing alcohol from the child's environment can greatly reduce the risk of them having the same problems in the future.

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

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