

Stop Drinking Alcohol

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You might be under the impression that alcohol taken in moderate quantities is wholesome for health. It may be true in some cases, but not in most of the cases. So stop drinking alcohol. Drinking alcohol even in small quantities may affect your driving ability. Blood alcohol concentrates as low as 0,02 percent can considerably impede your driving skills.

Alcohol with Medication

Even minor quantities of alcohol taken along with certain medicines can aggravate their adverse impact. There are as many as 150 medicines which when taken with alcohol may prove detrimental to the health of the drinker. For example, if you take alcohol with antihistamines for cold and allergies, the sedative effect of the medication will increase. This can impair your ability to handle the machinery or drive a car.

If you take alcohol with painkillers like Tylenol, you run the risk of damaging your liver. Most of us who quite often buy over-the-counter medicines and take them indiscriminately with alcohol can become vulnerable to numerous health problems. It is advisable to check with your doctor about the advisability of drinking alcohol while you are on medication.

Social and Legal Problems

Addiction to alcohol may create many social and legal problems especially for heavy drinkers. You may fall out with your colleagues at your workplace, with your spouse at home and friends and even strangers. Alcohol addicts are likely to get up late in the morning due to the hangover from drinking in the previous evening. They may reach their office or workplace late. In some cases they may not even reach their office at all. Their productivity may be affected. They may lose their jobs.

Alcohol-Related Birth Defects

If pregnant ladies take alcohol, their children may become prone to a range of congenital defects. Children born of alcoholic mothers may contract life long learning and behavioral problems. They may suffer from fetal alcohol syndrome-FAS-- leading to serious physical and mental problems.

Long-Term Health Problems

Drinking alcohol may cause liver problems, heart diseases and certain forms of cancer. These problems may not appear immediately but over a long time of drinking. Women are more prone to alcohol related problems than men even if they drink lesser than men.

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 alcoholic cirrhosis 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 case. 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 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 hypoglycaemia. 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 pancreatitis 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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