

ERASMUS
ALCOHOLISM AND SUBSTANCE
ABUSE

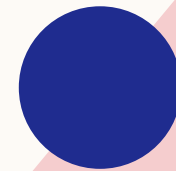
By The London Group

ALCOHOLISM

What is it?

Alcoholism is the addiction to the consumption of an alcoholic drink. Over time this illness can/will take over your mental and physical health.

Furthermore, it not only impacts the subject but also the community around them.



WHY IS IT BAD?

Although drinking in moderation is not bad and is associated with being better for your health and greater longevity than is abstaining. Large consumptions of alcohol can have sometimes deadly effects to your mental and physical health. Research undertaken by WHO, has shown that there are strong links between alcohol misuse and self-harming, including suicide. This all depends on the amount you consume, the more a person drinks over a short amount of time the higher the risk is of having greater health risks in the near or distant future, for example:

- Depression
- Anxiety
- Liver Cirrhosis
- Pan Ceratitis
- Suicide
- Acts of violence
- Additional injury

WHAT ARE THE SHORT-TERM EFFECTS OF ALCOHOL?

1-2 Units:

- Heart rate speed up
- Blood vessels expand
- Keeps you warm
- Sociable and talkative
- Associated with moderate drinking

4-6 Units:

- Brain and nervous system starts to be affected
- Causes you to become more reckless and uninhibited
- Impairs your cells in your nervous system: lightheaded, affecting reaction time and affected coordination.

8-9 Units:

- Reaction time is much slower
- Speech is slur
- Vision will begin to lose focus
- Your liver will not be able to filter out all the alcohol (wake up with a hangover)

10-12 Units:

- Your co-ordination will be highly impaired (serious risk of accident)
- Has a depressant effect on the mind and body (makes you drowsy)
- This amount begins to reach toxic levels
- Dehydrated and server headaches in the morning
- Upsets your digestion: nausea, vomiting, diarrhea, indigestion.



More than 12 Units:

Risk of developing alcohol poisoning, especially if a large amount of alcohol was consumed over a short amount of time. Alcohol poisoning occurs when excessive amounts of alcohol starts to interfere with the automatic functions such as:

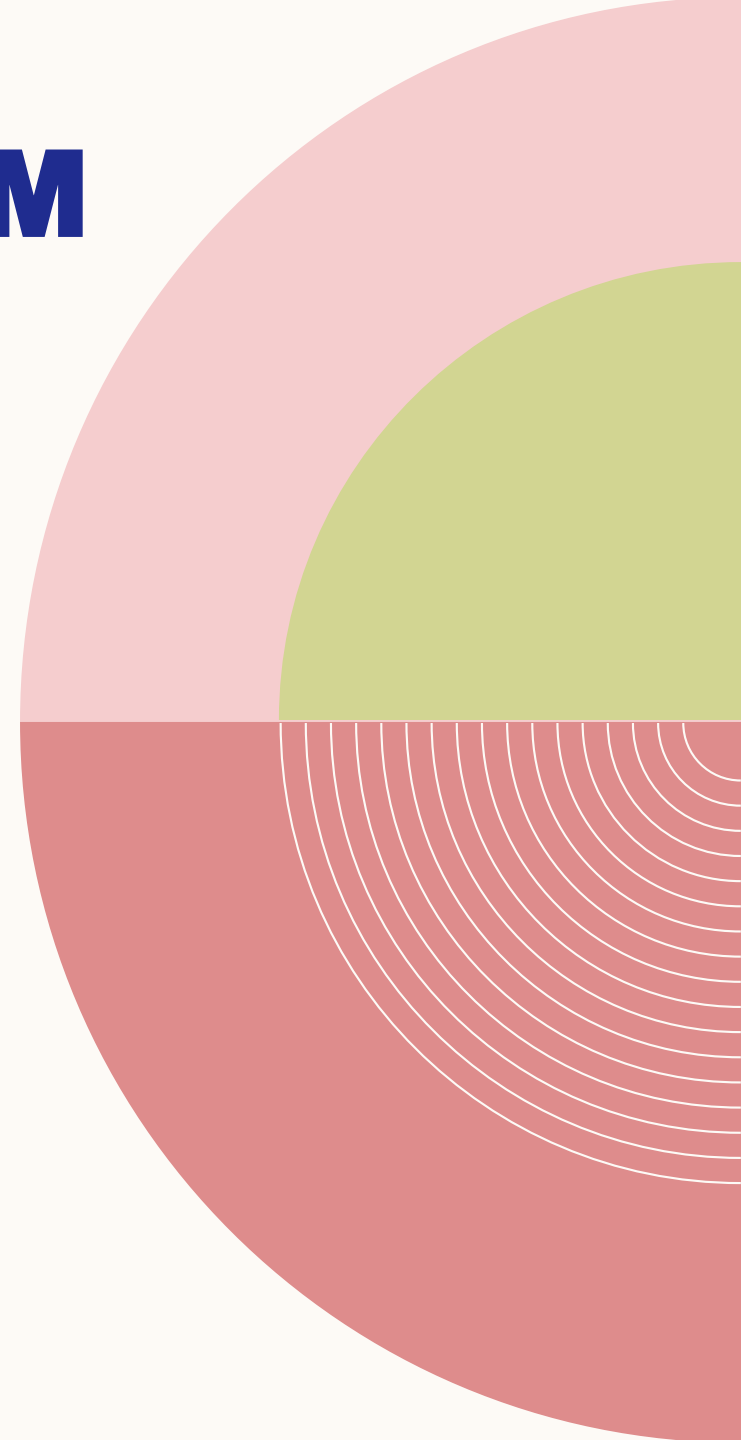
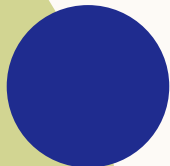
- Breathing
- Heart rate
- Gag reflex

Moreover, this large amount of alcohol can cause a person to fall into a coma and could sometimes lead to their death.

WHAT ARE THE LONG-TERM EFFECTS?

If you drink excessively over the span of several years, it will take a toll on the body's organs and may cause organ damage. It can increase blood pressure and blood cholesterol levels; both are major risk factors of heart attacks and strokes. Furthermore, it can weaken your immune system making it be more vulnerable to serious infections, also weakening bones making them more vulnerable to them fracturing and breaking. Some more health issues that can come with long-term alcohol misuse are:

- High blood pressure
- Strokes
- Pancreatitis
- Liver disease
- Liver cancer
- Mouth cancer
- Head & Neck cancer
- Fast aging
- Breast cancer
- Depression
- Dementia
- Sexual problems: impotence and premature ejaculation
- Infertility
- Damage to the brain: problems with thinking, memory and madness





WHO DOES IT EFFECT?

The individual:

- Financial problems
- Mental & Physical health
- Self-neglect
- Domestic abuse
- Unemployment
- Homelessness

The family/friends:

- Co-dependency
- Break-ups and divorces
- Abuse
- Loss of relationships

The community:

- Antisocial
- Public discretion
- Public nudity
- Violence
- Burglary
- Stealing
- Drugs

Alcoholism doesn't just affect the individual, but it also can create problems for the family/friends as well as the community. This disease can impact all areas of someone's life.

**THANK YOU
FOR
LISTENING**

