

# The Truth About ALCOHOLISM

Alcohol is the oldest and most widely used drug in the world. Millions of people consume alcohol each day – but when do you classify a person as addicted and what can it do to you when abused?

**IN THE US, 15 MILLION PEOPLE ARE CURRENTLY AFFECTED BY ALCOHOL ABUSE OR DEPENDENCY.**



**15,000,000**  
Dependents

**DEFINITIONS OF ALCOHOL DEPENDENCE AND ABUSE:**

<b>1. DEPENDENCE</b> ... is diagnosed when you have withdrawals and are unsuccessful in controlling consumption.	<b>2. ABUSE</b> ... is diagnosed by alcohol interfering in major obligations to family, work, or school and using alcohol in hazardous situations.
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**THE AVERAGE PERSON CONSUMES 152 OUNCES OF ALCOHOL PER YEAR.**



- That's about 13 beers.
- #1 Luxembourg: 526 oz.
  - #2 Ireland: 463 oz.
  - UK: 397 oz.
  - France: 386 oz.
  - Russia: 349 oz.
  - USA: 291 oz.
  - Canada: 263 oz.
  - Japan: 256 oz.
  - Iran: 0.0 oz.\*
  - Saudi Arabia: 0.0 oz.\*

\*alcohol is illegal

**ALCOHOL CONSUMPTION IN THE US VARIES BY STATE.**

<b>MOST HEAVY DRINKERS</b> WISCONSIN 7.4% of Population	<b>HIGHEST RATE OF ALCOHOL ABUSE</b> WISCONSIN 11.32% of Population
<b>FEWEST HEAVY DRINKERS</b> WEST VIRGINIA UTAH Both States: 2.8% of Population The national average is 4.9%	<b>LOWEST RATE OF ALCOHOL ABUSE</b> NORTH CAROLINA 5.97% of Population The national average is 8%

**INCIDENCE OF ALCOHOL RELATED DEATHS BY LOCATION:**



**ALCOHOL IN COLLEGE:**

6% of college students are considered alcohol dependent.



25% of college students who drink cannot remember where they were or what they did while drinking.



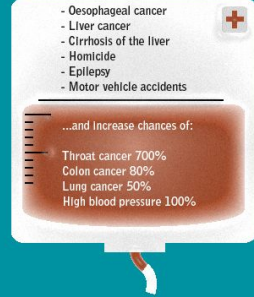
Every year 599,000 are unintentionally injured while under the influence and ...



**1700 DIE**

**ALCOHOL IS ESTIMATED TO CAUSE 20-30% OF CASES OF:**

- Oesophageal cancer
- Liver cancer
- Cirrhosis of the liver
- Homicide
- Epilepsy
- Motor vehicle accidents



**HEAVY DRINKING REDUCES BRAIN CELL PRODUCTION IN THE HIPPOCAMPUS, THE AREA THAT PROVIDES THE SELF-CONTROL NECESSARY TO STOP DRINKING.**

However, after a period of one week of abstinence, new cell production begins again



**RATES OF ALCOHOLISM AND ALCOHOL-INDUCED DEATHS ARE MUCH HIGHER AMONG NATIVE AMERICANS.**

**DRINK WHEN PREGNANT:**



**THE BELIEF THAT ALCOHOLISM IS IN SOME PART GENETICS HAS NEVER BEEN PROVED OR DISPROVED.**



**DIE FROM ALCOHOLISM:**



Studies have found, however, that among separated identical twins, the likelihood that both would become alcoholic was greater than that of separated non-identical twins.

**TREATMENT FOR DEPENDENCY MAY INCLUDE A NUMBER OF PILLS.**

**NALTREXONE**  
Blocks the euphoria from alcohol.



**DISULFIRAM**  
Takes a more punishing route – when it's in the system and alcohol is consumed, it produces nausea, vomiting and headaches.



**WHILE NO POSITIVE EFFECTS HAVE BEEN FOUND FOR ALCOHOLISM, STUDIES HAVE SHOWN NUMEROUS HEALTH BENEFITS FROM MODERATE DRINKING:**



1. https://www.cdc.gov/alcohol/fact-sheets/alcohol-use-current.htm  
2. https://www.niaaa.nih.gov/publications/brochures/alcoholism-101  
3. https://www.niaaa.nih.gov/publications/brochures/alcoholism-101  
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