

Alcohol Awareness Month

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1 Introduction

Alcohol Awareness Month aims to bring awareness surrounding issues relating to alcohol, including the effects of alcoholism and how to help families and communities deal with this disease. Alcohol Awareness Month gives public health organizations, community centers, and treatment facilities the chance to increase their efforts to reach people who are not fully aware of the dangers of unhealthy alcohol consumption.

2 Being aware

Alcohol Awareness Month fights the stigma that follows alcoholism and substance abuse in general. An estimated 88,000 people die from alcohol-related causes annually. Most of these deaths could have been avoided, making alcohol the third leading preventable cause of death in the United States. If left untreated alcoholism can cause serious damage to the body such as memory loss, difficulty breathing, cirrhosis of the liver, stomach ulcers, etc. A common trait among those

struggling with alcoholism is denial, most do not want to acknowledge the severity of the problem. But it is important to consult a primary care physician if someone shows signs of alcohol use disorder.

3 Preventive action

There are many things that can be done to combat the dangers and risks of becoming dependent on alcohol such as:

- Avoid stocking alcohol in household
- Limit consumption
- Avoid emotional drinking
- Limit time spent at bars
- Know your limits

4 Getting Help

Alcohol can have devastating effects on the body so it is important to seek help before alcohol use disorder progresses. Speak to a primary care physician to learn about treatment options and for help to find support resources.

Did you know?

Alcohol use is a significant risk factor for dementia.

For more information on alcohol and the awareness month please visit www.ncadd.org.

References:

<https://www.alcohol.org/awareness-month/>

<https://nationaldaycalendar.com/national-alcohol-awareness-month-april/>

<https://www.niaaa.nih.gov/>