

FACTS

ALCOHOLISM

ALCOHOLISM is a disease with these manifestations:

- Craving - a strong need to drink
- Loss of control - not being able to stop drinking once started
- Performing poorly at work due to excessive drinking
- Physical dependence - withdrawal symptoms, such as nausea, sweating, or shakiness when not drinking
- Tolerance - the need to drink greater amounts of alcohol to feel the same effect.
- Loss of Control - Drinking more than they wanted to, for longer than they intended, despite telling themselves that they wouldn't do it this time.
- Desire to Stop, But Can't - Alcoholics have a persistent desire to cut down or stop their alcohol use, but all efforts to stop and stay stopped, have been unsuccessful
- Neglecting Other Activities - Alcoholics spend less time on activities that used to be important to them earlier (hanging out with family and friends, exercising - going to the gym, pursuing their hobbies or other interests) because of the use of alcohol.
- Alcohol Takes Up Greater Time, Energy and Focus - Drinkers spend a lot of time drinking, thinking about it, or recovering from its effects. They have few, if any, interests, social or community involvements that don't revolve around the use of alcohol.
- Continued Use Despite Negative Consequences - Alcoholics drink even though they know it's causing problems. As an example, they realize that their alcohol use is interfering with their ability to do their job, is damaging their marriage, making their problems worse, or causing health problems, but they continue to drink.

Alcoholism carries many serious dangers. Heavy drinking can increase the risk of certain cancers. It can cause damage to the liver, brain, and other organs. Drinking during pregnancy can harm the baby.

Source: <http://www.ncadd.org/index.php/learn-about-alcohol/signs-and-symptoms>