

# Alcohol Abuse/Alcoholism

Alcohol abuse is when you become addicted to, or dependent on, the consumption of alcohol. Alcohol abuse can greatly impact your physical health, mental health, relationships, finances and overall well-being.

## Signs of Alcohol Abuse

Common signs of alcohol abuse include:

- Drinking alcohol so that you can feel “normal”
- Feeling a strong urge to drink
- Frequently consuming multiple servings of alcohol (binge drinking or heavy drinking)
- Feeling like you have lost control of your drinking
- Realizing that alcohol is interfering with your life, relationships, job or other personal interests

## Treatment Options for Alcohol Abuse

You should talk to your doctor, counselor or therapist about the best treatment option(s) as soon as you question your alcohol usage. Treatment options may include:

- Counseling sessions
- Attending group support meetings
- In-patient rehabilitation

## Health Risks of Alcohol Abuse

Over time alcohol abuse increases your risk of:

- Stroke
- High blood pressure
- Liver issues
- Heart issues
- Brain function issues
- Immune system issues

## Other Important Things to Know about Alcohol and Alcohol Abuse

- Never consume alcohol if you are pregnant or taking certain prescription medications
- It is best to drink alcohol in moderation if you choose to consume it
- Alcohol is a depressant, and can contribute to mood slumps or depression
- Genetics or family history of alcoholism can be a risk factor for alcohol abuse

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