

# Alcohol Addiction Related Disorders

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Alcohol Use Disorder (AUD), the inability to stop drinking or manage it, is linked to many other disorders and diseases impacting people physically and mentally. With increased frequency and quantity of consumption, a person's likelihood of developing severe long-term effects of alcohol significantly increases. The most effective way for people with alcohol dependency to avoid alcohol-related disorders and potentially devastating health consequences is to obtain AUD treatment.

## Problems Related to Alcohol Addiction

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Frequent heavy drinking often causes difficulties in domestic relationships, maintaining work or school performance, managing personal finances, etc. Further, people who drink a lot have more injury accidents of various kinds and more legal issues of various kinds. The problems people seek to cope with by drinking are not resolved by it and are more often exacerbated and compounded by it. Suicide also becomes an increased risk.

An overwhelming problem that often arises from frequent excessive drinking is alcohol use disorder, from which many mild to serious health complications can develop. Virtually every part of the human body is impacted by alcohol abuse, which in many tragic cases leads to debilitating medical conditions and even premature death.

## Alcohol-Related Diseases

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People are at risk of developing any one or more alcohol-related disorders or diseases from ongoing heavy alcohol abuse. Typically, the greater the amount and frequency of alcohol use, the greater the likelihood that someone will be afflicted with one or more of these extreme negative effects of alcohol addiction:

- alcoholic liver disease
- alcohol-induced pancreatitis
- alcoholic cardiomyopathy (heart disease)
- alcoholic gastritis (stomach inflammation)
- alcoholic myopathy (disease of the muscle tissue)
- alcoholic polyneuropathy (disease of the peripheral nerve)
- Fetal alcohol syndrome (congenital disabilities from mother drinking while pregnant)
- Alcohol Use Disorder (AUD) or alcoholism
- Heart disease
- High blood pressure
- Obesity
- Diabetes

## Complications from Alcohol Addiction

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Alcohol abuse can cause extremely damaging short- and long-term impacts on users. People are at much higher risk when using larger amounts or combining alcohol with drugs. Examples range from impaired concentration to the most severe long-term health consequences, potentially including psychotic behavior, brain damage, heart damage, seizures, coma, or death due to overdose. For just a couple of examples:

- **Heart Damage:** By impacting heart muscle cells as alcohol passes through the heart, long-term heavy alcohol use can weaken the heart and cause difficulty pumping blood.
- **Brain Damage:** The brains of people who use alcohol may shrink over time. Hepatic encephalopathy can occur (unfiltered toxins make it through the damaged liver to the brain). Or, Wernicke-Korsakoff Syndrome (called wet brain), can result in confusion, even hallucinations, vision loss, memory impairment, and learning difficulties.

## Help Overcoming Alcohol Addiction

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Many people addicted to alcohol try multiple times unsuccessfully to stop drinking without any professional support. There are several effective treatment options that help individuals overcome the obstacles that have kept them in the grip of AUD for years. They break free from habitual drinking and move on to improve their health and live happy, meaningful lives.

**Detox:** Treatment for alcoholism is likely to start with medically supervised detox. A team of experienced specialists provides 24-hour support during the alcohol withdrawal process. Medication is used, if needed, to help relieve withdrawal symptoms.

**Rehab:** After detox, either inpatient, residential, or outpatient rehab treatment helps people understand and manage the causes of their addiction. They receive cognitive and behavioral therapy and develop powerful life skills for sustaining long-term sobriety.

## **AUD Treatment at Renaissance Ranch Ogden, Utah**

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Our team of addiction therapy specialists and medical professionals provides a comprehensive addiction recovery program tailored to each of our client's unique personal needs. We address the underlying causes of AUD instead of just stopping alcohol use.

**If you are struggling with AUD, call Renaissance Ranch Ogden at (385) 222-3737 to schedule a free assessment and start on your new life beyond alcohol dependence.**

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*Affordable treatment that helps families heal and restore hope.*