

Alcohol

Alcohol misuse is a common yet serious problem worldwide. It's socially accepted, which can mask its dangers. Alcohol abuse encompasses excessive and uncontrolled consumption, leading to physical and mental health issues, addiction, and a higher risk of accidents or injuries. It can also contribute to a range of chronic diseases.

Alcohol Abuse Facts



Excessive Alcohol use creates tolerance

Excessive alcohol consumption can lead to tolerance, requiring higher amounts to achieve the desired effects, which can contribute to escalating alcohol abuse and addiction. Those physically addicted to alcohol will experience withdrawal symptoms such as tremors.



Alcohol abuse causes a range of health issues

Excessive alcohol consumption can lead to a range of health issues, including liver cirrhosis, cardiovascular problems, and an increased risk of certain cancers.



Drinking at a young age can significantly increase the risk of developing alcoholism later in life

Drinking alcohol at a young age can have long-lasting consequences, including an elevated risk of developing alcoholism in adulthood. Early initiation of alcohol use can disrupt critical stages of brain development, potentially leading to a higher susceptibility to addiction.



29.5 Million

According to the 2021 National Survey on Drug Use and Health, 29.5 million people over the age of 12 had Alcohol Use Disorder in the past year.



Individuals resort to alcohol abuse to cope with life stressors which can be a dangerous habit.