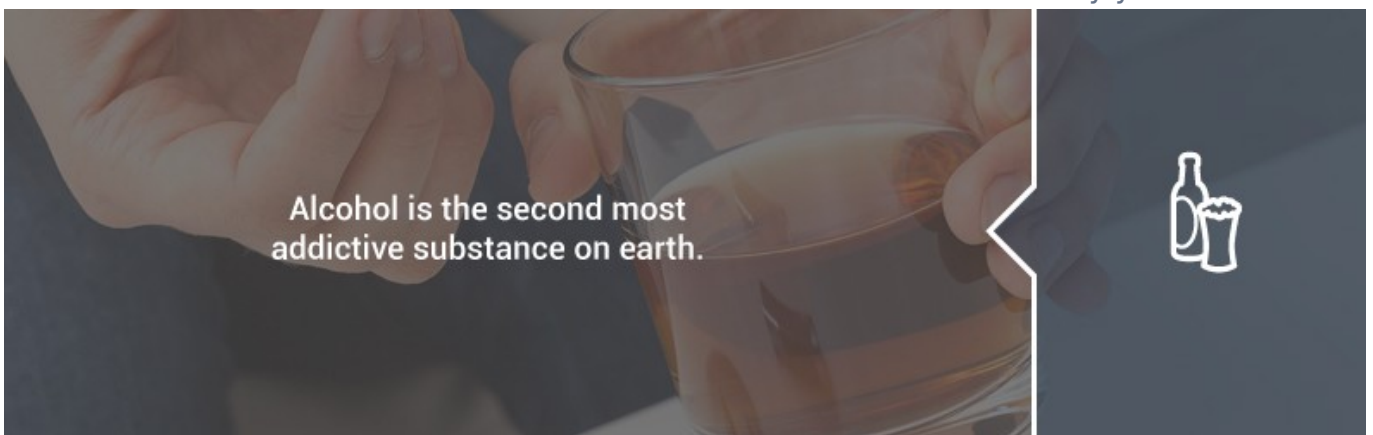




Addressing Alcohol Addiction in San Jose, California

Alcohol is both legal and easily accessible. In turn, there are more people who drink frequently than who don't drink at all. In fact, according to the National Survey on Drug Use and Health, over half of the people over the age of 12 drunk alcohol at least once in the last month. While alcohol doesn't lead to every user becoming dependent or addicted, millions of Americans struggle with alcoholism or alcohol abuse on a daily basis. To enumerate, 88 thousand Americans die as a result of alcohol-related issues each and every year.



Explaining What Alcohol Is

Alcohol is characterized as a depressant. In other words, it slows down the body's processes. For instance, when someone consumes alcohol, they may experience slurring speech, impaired movements, and even poor reaction time. And, alcohol can also impair the mind. In

detail, alcohol consumption can lead to reduced cognition, disabled judgment, and poor decision making. Essentially, alcohol is a clear liquid which is developed as a result of the fermentation, or chemical breakdown, of sugars. And, is added to a number of liquids to provide a wide arrange of liquid intoxicants like beer, wine, liquor, and other beverages.



Alcohol Abuse Vs. Alcohol Dependence

By and large, most individuals think that alcohol abuse and alcohol dependence are the same things. However, they are not. To point out, individuals who abuse alcohol regularly may not exhibit behaviors which are classified as dependent behaviors. While they may be putting themselves in danger of developing dependence, alcohol abuse is not dependence.

Alcohol abuse involves drinking heavily despite the obvious consequences. However, alcohol dependence involves experiencing a tolerance for alcohol. This means that more alcohol may be necessary in order to experience the intoxicating effects. Additionally, symptoms of alcohol dependence may include:

Reduction in showing up for events/get-togethers/responsibilities

Lack of interest in school or work obligations

Broken relationships with family or friends

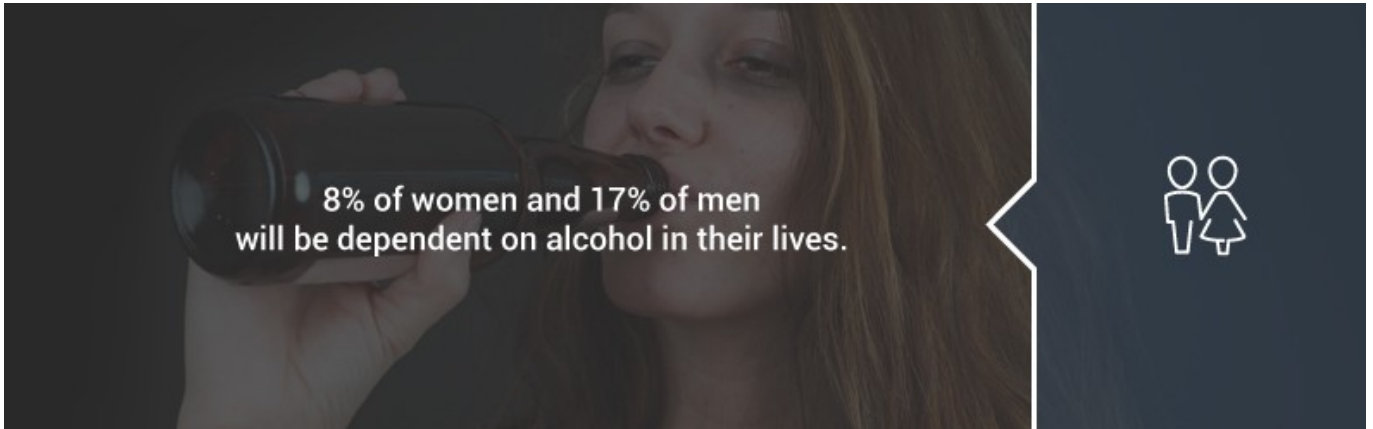
Depression and anxiety

Mood swings/aggression/irritability

Impulsive behaviors

Nervousness

Preoccupation with obtaining and consuming alcohol



Treatment for Alcohol Addiction

Fortunately, treatment is effective in helping individuals struggling with addiction to alcohol gain a healthy lifestyle. By addressing underlying conditions of alcoholism, practicing helpful coping methods, and developing new thoughts and behavior patterns, individuals can obtain lasting and successful recovery. However, it's commonly believed that individuals have to reach a "rock bottom" before treatment can help. While it's true that some individuals run out of options before choosing treatment, you don't have to hit rock bottom to realize that you need help! And, you can start your road to recovery today!

To conclude, alcoholism takes the lives of individuals every day. If you're struggling with abuse or addiction to this drug, it's imperative that you start thinking about a way out. Without help, you may end up as another statistic. So, decide that you are not going to let the alcoholism win. And, that you're going to get the help you need to become the individual you know you can be! To speak with an addiction expert about treatment options and the process of getting help, [contact us](#) today!