

WHAT IS ADDICTION?

in general it refers to repeatedly using a substance (such as drugs) or engaging in an activity (such as gambling) for pleasure

Physical addiction

This is when your body becomes dependent on a particular substance. It also often means that you've developed a tolerance for the substance, so you have to take more of it to continue to feel the effects.

Psychological addiction

This is when your craving for a substance or a behaviour comes from an emotional or psychological desire, rather than from a physical dependence.

WHAT IS ALCOHOLISM OR ALCOHOL DEPENDENCE?

- Alcohol dependence (alcoholism) consists of four symptoms:
- **Craving:** *a strong need, or compulsion, to drink.*
- **Loss of control:** *the inability to limit one's drinking on any given occasion.*
- **Physical dependence:** *withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking.*
- **Tolerance:** *The need to drink greater amounts of alcohol in order to get high.*

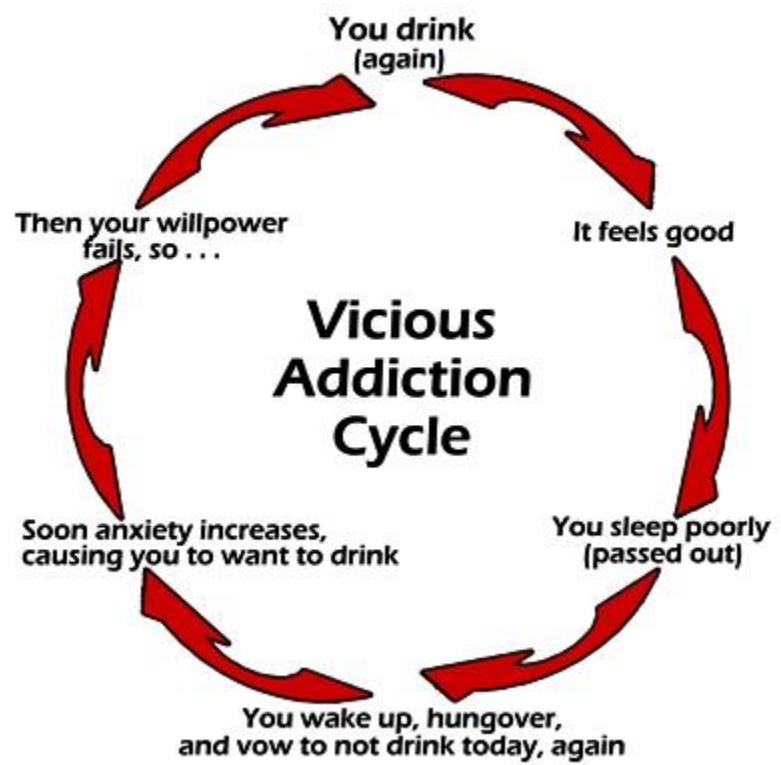
**An increasingly heavy drinker
often says he could stop
whenever he chooses—he just
never “chooses” to do so.
Alcoholism is not a destination,
but a progression, a long road of
deterioration in which life
continuously worsens.**

HOW ALCOHOL AFFECTS THE BODY?

Alcohol is absorbed into the bloodstream via small blood vessels in the walls of the stomach and small intestine. Within minutes of drinking alcohol, it travels from the stomach to the brain, where it quickly produces its effects, slowing the action of nerve cells.

YOUNG PEOPLE VERSUS ADULTS

Drinking is more harmful to teens than adults because their brains are still developing throughout adolescence and well into young adulthood.



Short-term effects

- Slurred -speech Drowsiness -Vomiting - Diarrhea**
 - Upset stomach**
- Headaches -Breathing difficulties -Distorted vision and hearing - Impaired judgment**
 - Decreased perception and coordination**
- Unconsciousness - Anemia (loss of red blood cells) - Coma**

Long-term effects

-Alcohol poisoning -High blood pressure, stroke, and other heart-related diseases - Liver disease -Nerve damage -Sexual problems -Permanent damage to the brain -Vitamin B1 deficiency, which can lead to a disorder characterized by amnesia, apathy and disorientation-Ulcers - Gastritis (inflammation of stomach walls) -Malnutrition -Cancer of the mouth and throat

Teens who start drinking before the age of 15 are more likely to develop alcohol dependence later on in life.

In 2016, approximately 14 percent of total deaths among people ages 20 to 39 are alcohol attributable.

References:

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