

Alcoholism a contagious disease! Its symptoms, consequences and diagnose

1. *Alcoholism is a contagious and fatal disease resulting from the complex interaction of genetic, social, and environmental factors having abrupt psychoanalytical and physical symptoms. A large number of easily predictable symptoms are denial nature, progression, withdrawal symptoms, dual personality, block outs, indulgence in crimes and violence, Depression, Irritability, Fatigue, Loss of appetite, Headache, long lasting dizziness, anxiety and passiveness.*

2. Alcoholism has a diversified harmful consequences and destructive effects on socio-psychological life of an alcoholic person. Alcoholic is a person whose drinking habit has continuous, intense and rapidly growing problems in his life. Alcohol results in a severe damage to central nervous system, causes behavioral changes, can irritate the gastrointestinal tract, infects the Cognitive and Genetic transformation, causes memory loss, increases the risk of certain cancers and many more fatal consequences.

3. Prevention and remedial measures aim to reduce alcohol abuse and its consequences. Alcoholism treatment programs use both counseling and medications to help a person stop drinking. Such measures include raising the Minimum Legal Drinking Age, introducing Informational Programs, imply Zero-Tolerance Laws and Warning Labels, increasing Alcohol Taxes and introducing Drug Abuse Resistance Education.

Alcoholism is no longer a hopeless condition, it's totally curable. Groups like Alcoholics Anonymous should be introduced into the societies to help people get aware of alcoholism. The best way to help the compulsive drinker and ourselves is to build our own strength, correct our own attitudes, be kind, and learn how to detach from the problem.