


My life is a blurry dance



Alcohol abuse

Alcohol is created when grains, fruits, or vegetables are fermented, a process that uses yeast or bacteria to change the sugars in the food into alcohol. Alcohol has different forms and can be used as a cleaner or antiseptic; however the kind of alcohol that people drink is ethanol, which is a sedative. When alcohol is consumed, it's absorbed into a person's bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all body functions. Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing.

This **alters**
a person's
perception



Your life is **always** on **display**

When a person drinks alcohol, the alcohol is absorbed by the stomach, enters the bloodstream, and goes to all the tissues. The effects of alcohol are dependent on a variety of factors, including a person's size, weight, age, and sex, as well as the amount of food and alcohol consumed. The disinhibiting effect of alcohol is one of the main reasons it is used in so many social situations. Other effects of moderate alcohol intake include dizziness and talkativeness; the immediate effects of a larger amount of alcohol include slurred speech, disturbed sleep, nausea, and vomiting. Alcohol, even at low doses, significantly impairs the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol can also increase the incidence of a variety of aggressive acts, including domestic violence and child abuse. Hangovers are another possible effect after large amounts of alcohol are consumed; a hangover consists of headache, nausea, thirst, dizziness, and fatigue.

What are its long-term effects?

Prolonged, heavy use of alcohol can lead to addiction (alcoholism). Sudden cessation of long term, extensive alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations and convulsions. Long-term effects of consuming large quantities of alcohol, especially when combined with poor nutrition, can lead to permanent damage to vital organs such as the brain and liver. In addition, mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants may suffer from mental retardation and other irreversible physical abnormalities. In addition, research indicates that children of alcoholic parents are at greater risk than other children of becoming alcoholics. Think you know the facts about alcohol abuse? If you consume alcoholic beverages, it's important to know whether your drinking patterns are safe, risky or harmful.