

# The Truth About ALCOHOLISM

Alcohol is the oldest and most widely used drug in the world. Millions of people consume alcohol each day – but when do you classify a person as addicted and what can it do to you when abused?

**IN THE US, 15 MILLION PEOPLE ARE CURRENTLY AFFECTED BY ALCOHOL ABUSE OR DEPENDENCY.**



**15,000,000 Dependents**

**THE AVERAGE PERSON CONSUMES 152 OUNCES OF ALCOHOL PER YEAR.**

That's about 13 beers.



- #1 Luxembourg: 526 oz.
- #2 Ireland: 463 oz.
- UK: 397 oz.
- France: 386 oz.
- Russia: 349 oz.
- USA: 291 oz.
- Canada: 263 oz.
- Japan: 256 oz.
- Iran: 0.0 oz. \*
- Saudi Arabia: 0.0 oz. \*

\*alcohol is illegal

**DEFINITIONS OF ALCOHOL DEPENDENCE AND ABUSE:**

<p><b>1. DEPENDENCE</b> ...is diagnosed when you have withdrawals and are unsuccessful in controlling consumption.</p>	<p><b>2. ABUSE</b> ... is diagnosed by alcohol interfering in major obligations to family, work, or school and using alcohol in hazardous situations.</p>
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**ALCOHOL CONSUMPTION IN THE US VARIES BY STATE.**

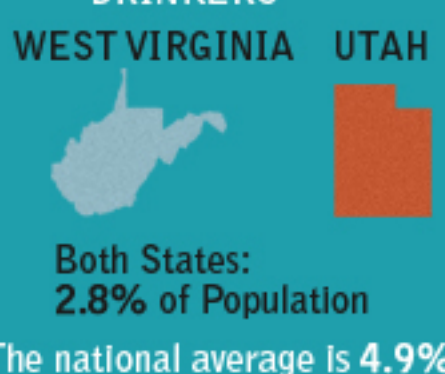
**MOST HEAVY DRINKERS**



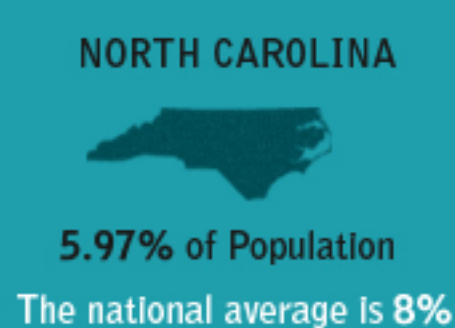
**HIGHEST RATE OF ALCOHOL ABUSE**



**FEWEST HEAVY DRINKERS**



**LOWEST RATE OF ALCOHOL ABUSE**



**INCIDENCE OF ALCOHOL RELATED DEATHS BY LOCATION:**

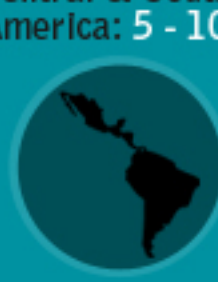
Eastern Europe & Russia: 10 - 14%



Far East: 5 - 10%



Central & South America: 5 - 10%



North America: 2 - 5%



South Africa: 2-5%



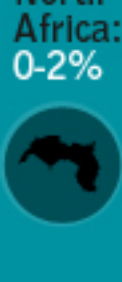
Middle East: 0-2%



Western Europe: 0 - 2%



North Africa: 0-2%

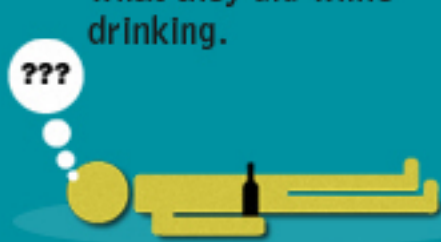


**ALCOHOL IN COLLEGE:**

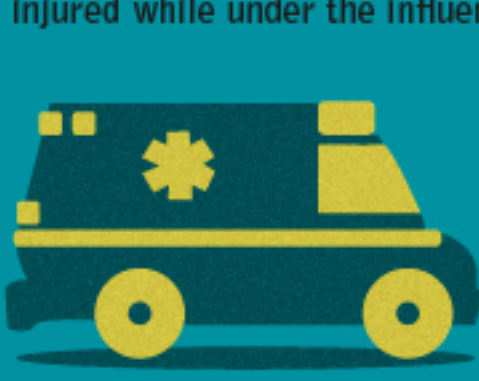
6% of college students are considered alcohol dependent.



25% of college students who drink cannot remember where they were or what they did while drinking.



Every year 599,000 are unintentionally injured while under the influence and ...



**1700 DIE**



**ALCOHOL IS ESTIMATED TO CAUSE 20-30% OF CASES OF:**

- Oesophageal cancer
- Liver cancer
- Cirrhosis of the liver
- Homicide
- Epilepsy
- Motor vehicle accidents

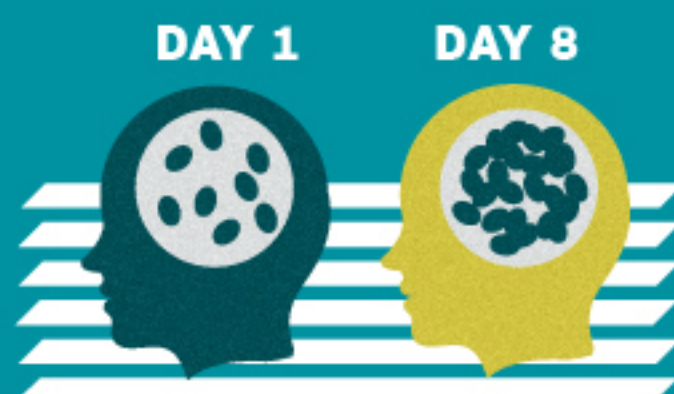


...and increase chances of:

- Throat cancer 700%
- Colon cancer 80%
- Lung cancer 50%
- High blood pressure 100%

**HEAVY DRINKING REDUCES BRAIN CELL PRODUCTION IN THE HIPPOCAMPUS, THE AREA THAT PROVIDES THE SELF-CONTROL NECESSARY TO STOP DRINKING.**

However, after a period of one week of abstinence, new cell production begins again.



**RATES OF ALCOHOLISM AND ALCOHOL-INDUCED DEATHS ARE MUCH HIGHER AMONG NATIVE AMERICANS.**

**DRINK WHEN PREGNANT:**

National Rate:



Native American Rate:



**DIE FROM ALCOHOLISM:**

National Rate:



Native American Rate:



**THE BELIEF THAT ALCOHOLISM IS IN SOME PART GENETICS HAS NEVER BEEN PROVED OR DISPROVED.**



Studies have found, however, that among separated identical twins, the likelihood that both would become alcoholic was greater than that of separated non-identical twins.

**TREATMENT FOR DEPENDENCY MAY INCLUDE A NUMBER OF PILLS.**

**NALTREXONE DISULFIRAM**

Blocks the euphoria from alcohol.

Takes a more punishing route – when it's in the system and alcohol is consumed, it produces nausea, vomiting and headaches.



**WHILE NO POSITIVE EFFECTS HAVE BEEN FOUND FOR ALCOHOLISM, STUDIES HAVE SHOWN NUMEROUS HEALTH BENEFITS FROM MODERATE DRINKING:**

35% lower heart disease rate



85% better resistance to the common cold



21-28 % lower risk of death



Notes:  
<http://www.wongdiagnosis.com/alcoholism/stats.htm>  
<http://alcoholism.about.com/b/2004/03/31/moderate-drinking-linked-to-higher-blood-pressure.htm>  
[http://www.eurkassat.org/pub\\_release/2009-02/mu-ha126302.php](http://www.eurkassat.org/pub_release/2009-02/mu-ha126302.php)  
<http://www.niaaa.nih.gov/Resources/Databases/Resouces/DLH/Facts-HospitalCharges/roedst1a.htm>  
[http://www.eurkassat.org/pub\\_release/2010-05/ro-cpp051310.php](http://www.eurkassat.org/pub_release/2010-05/ro-cpp051310.php)  
[http://www.who.int/substance\\_abuse/publications/global\\_status\\_report\\_2004\\_overview.pdf](http://www.who.int/substance_abuse/publications/global_status_report_2004_overview.pdf)  
[http://report.who.int/whosis/substance\\_abuse/publications/global\\_status\\_report\\_2004\\_overview.pdf](http://report.who.int/whosis/substance_abuse/publications/global_status_report_2004_overview.pdf)  
[http://www.who.int/substance\\_abuse/publications/global\\_status\\_report\\_2004\\_overview.pdf](http://www.who.int/substance_abuse/publications/global_status_report_2004_overview.pdf)  
[http://www.statemaster.com/graph/hea\\_alc\\_abu\\_of\\_dap-health-alcohol-abuse-or-dependence](http://www.statemaster.com/graph/hea_alc_abu_of_dap-health-alcohol-abuse-or-dependence)  
<http://www.alcoholismcalculator.org/business/about/dm.htm>  
<http://www.zennews.com/news/61127.htm>  
<http://www.madd.org/docs/college/colstats.htm>  
<http://www.mayoclinic.com/health/alcoholism/ds00340/dsection=treatments-and-drugs>  
<http://www.pelle.net/ib/hammed7.htm>  
<http://alcoholism.about.com/b/2009/02/25/abuse-of-bingeing-065008.htm>  
<http://psychcentral.com/news/2010/06/06/scientists-closer-to-finding-cure-for-alcoholism/13595.html>  
[http://www.eurkassat.org/pub\\_release/2004-11/Auco-rb0110504.php](http://www.eurkassat.org/pub_release/2004-11/Auco-rb0110504.php)  
<http://pubs.niaaa.nih.gov/publications/aa42.htm>  
[http://www.wongdiagnosis.com/ank/1/usa\\_american\\_women\\_alc\\_health\\_unhlc.htm](http://www.wongdiagnosis.com/ank/1/usa_american_women_alc_health_unhlc.htm)  
<http://pubs.niaaa.nih.gov/publications/aa18.htm>  
<http://www2.pccsiam.edu/hansonjg/alcoholandhealth.htm>