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Preventive programmes for families at risk of alcohol addiction

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Abstract

Drinking alcohol, especially in excess, increases the risk of numerous health issues and consequently adds significantly to the worldwide illness burden. Alcohol actually contributes too many more illnesses and is a required underlying cause of over thirty. Infectious diseases, cancer, diabetes, neuropsychiatric disorders (including alcohol use disorders), cardiovascular disease, liver and pancreas diseases, and deliberate and unintentional harm are the most prevalent disease categories that are totally or partially caused by alcohol usage. Guidelines for low-risk drinking have benefited from knowledge of these illness risks. Apart from the health hazards that alcohol consumption poses to the drinker, excessive alcohol drinking can also have an adverse effect on the health of others. Increasing the total expense of alcohol intake. These results highlight the necessity of creating efficient preventative programs to lessen the suffering and expenses related to excessive alcohol consumption.

Keywords: Alcohol, disorder, prevention

Introduction

When the carbohydrates in various foods ferment (break down chemically without oxygen), a liquid known as alcohol is created by yeast or other microbes. For example, grape sugar is used to make wine, malted barley sugar is used to make beer, apple sugar is used to make cider and beetroot, potato or other plant sugar is used to make vodka. India is the world's third-largest market for alcoholic drinks. The three factors of alcohol production, demand, and consumption are all rising daily. These days, we hear the term "alcohol addiction" quite a bit. Many of us use the phrase without understanding its scientific meaning. Given the current Indian context, where alcohol usage is rising daily, it is critical to have a thorough understanding of alcohol and alcohol addiction. Alcohol can have a wide range of affects on a person's body and life.

Adolescent alcohol consumption is linked to impairments in the integrity and development of the grey and white matter of the central nervous system, as well as changes in verbal learning, visual-spatial processing, memory, and attention (Spear, 2018) [37]. Even worsening our physical and mental health over time is the possibility of alcohol addiction. Within five minutes of alcohol use, the nervous system is affected by alcohol. However, the effects of alcohol consumption might be the same for everyone. Individual differences exist based on factors such as gender, age, health, body weight, and even the climate. These changes in neurology caused by alcohol consumption in adolescence appear to be linked to behavioural, emotional, social, and academic issues in the future (Brown *et al.*, 2008) [6]. It is likely that other family members will be the ones most severely impacted by another's alcohol consumption. The others in the family, the female partner and the children, are especially likely to suffer, both in terms of the drinker's behaviour after drinking and in terms of shared family resources being used on or during the drinking, to the extent that drinking, and particularly heavy drinking, is more common among adult males (Laslett *et al.*, 2017a; 2017b) [21]. The higher incidence of viral hepatitis among individuals with AUDs compared to the general population (Cortes *et al.*, 2017) [10] and the correlation between chronic HCV infection and both past and excessive current drinking (Taylor *et al.*, 2016) [38] can be partially explained by the association between harmful alcohol use and risky sexual behaviour and a higher risk of common STIs. Drinking alcohol can weaken the immune system, which has been shown in people who have consumed large amounts of alcohol (Laprawat *et al.*, 2017;

Imtiaz *et al.*, 2017; Lönnroth *et al.*, 2008) [20, 16]. This raises the likelihood of developing active tuberculosis. As alcohol use increases, so does the associated risk.

Drinking Pattern in India

India used over 5.4 billion litres of alcohol in 2016, and at that time, it was predicted that the country would consume roughly 6.5 billion litres of alcohol by 2020.

While the average adult alcohol consumption in our nation is lower than in any other industrialized nation, such as the United States, a large number of young Indians use large amounts of alcohol. In our nation, men are more likely than women to drink alcohol. According to reports, the average male drinker in 2020 drank approximately 18.3 litres of alcohol per capita. Isn't it cause for concern? A research found that over 88% of young Indians under the age of 25 buy alcohol. In many states, it is even prohibited. This was the rationale underlying the prohibitions or restrictions on alcohol in a few of our nation's states. A harm-reduction strategy is used in policies intended to lessen the negative effects of alcohol consumption; the goal is to avoid and lessen alcohol-related harms without necessarily changing population-level consumption (WHO, 2010) [42]. The Global Strategy calls for the enforcement of laws prohibiting serving inebriated customers, the dissemination of consumer information, responsible beverage service (RBS) training, and the need that alcohol labels include information about the potential risks associated with alcohol use (WHO, 2010) [42]. The body of literature in this field is thin. While some studies (Scherer *et al.*, 2015; Wilkinson & Livingston, 2012) [33, 44] reported early RBS programme accomplishments, other studies either could not duplicate these successes or produced inconsistent findings (Fell *et al.*, 2017) [11]. Mumbai leads all other Indian metropolises in terms of alcohol consumption. Here, wine is consumed in proportion of 39% of the total. Delhi consumes 23% and Bengaluru 20% after Mumbai. Below. Critical data regarding drinking practices and prevalence for both the general population and specific subpopulations can be obtained through surveys (Babor, 2010) [2].

Few dangerous health diseases can be caused by excessive alcohol drinking

Breast cancer: Breast cancer risk is increased by alcohol use. Studies have indicated that the average amount of alcohol consumed raises the risk of breast cancer linearly. Alcohol consumption has been shown to be a causative factor in the development of cancer in the female breast, liver, colon, rectum, oropharynx, larynx, oesophagus, and stomach (Bagnardi *et al.*, 2015; IARC, 2009) [3, 15]. In general, women are more at danger than men. Research has demonstrated that even a moderate alcohol consumption raises the risk of female breast cancer (Bagnardi *et al.*, 2015) [3].

Coronary heart disease: Low-to-moderate alcohol consumption is linked to a lower incidence and death from congenital heart disease (CHD) when compared to quitting completely. The risk reverses at more typical alcohol intake levels. The primary focus of the WHO's Global Action Plan for the Prevention and Control of Noncommunicable Diseases, 2013–2020, is diabetes, cancer, chronic lung diseases, and cardiovascular illnesses. Several epidemiological studies (Roerecke & Rehm, 2012; Klatsky, 2015) [28, 18] have noted a complex link between the amount and patterns of alcohol use and the prevalence of cardiovascular illnesses.

Intentional injury (violence): Although the relationship between alcohol and violent crime has always existed, it may not always be causative. In both industrialized and developing nations, injuries pose a major health risk (Haagsma *et al.*, 2013) [12]. In 2016, injuries resulted in 297.4 million injury DALYs and 4.9 million injury fatalities. The environment in which an injury occurs, the vehicle or agent that produces the damage, and the person(s) who contribute to the harm all affect the likelihood of an injury (Rivara *et al.*, 1993) [27].

Liver disease: One of the main causes of an end-stage liver disease worldwide is alcohol. Up to 90% of alcoholics suffer from fatty liver, a condition that usually goes away in two weeks if alcohol consumption is stopped. Nonetheless, cirrhosis expands in 5% to 15% of patients with alcoholic fatty liver. In the evolution of liver disease, alcohol intake and viral hepatitis work in concert (Tikhanovich *et al.*, 2014; Dolganiuc, 2015) [39]. Furthermore, alcohol is a known cause of non-infectious liver illnesses, such as liver cirrhosis (Sandahl *et al.*, 2010) [31] and hepatitis (Parker & Neuberger, 2018), the latter of which is linked to a high death rate. (section 1.2.3.3).

Alcoholic cirrhosis: The clinical characteristics of cirrhosis from other sources are also present in patients with alcoholic cirrhosis. Even very small levels of alcohol use can result in death if the liver is damaged due to a hepatitis B or C infection (Rehm *et al.*, 2017a) [26]. As a result, the quantity of liver cirrhosis that is caused by alcohol will be underestimated when the disease's etiological coding is used for tabulation.

Morbidity: Even while alcohol may not be the cause of all liver cirrhosis cases in India, a review of studies conducted there between 1933 and 1975 that used biopsy data to diagnose liver cirrhosis revealed that 16% of patients also had alcohol dependence. On the other hand, alcohol-related cirrhosis is becoming more common these days. According to a recent study conducted in Kerala, alcohol consumption was the cause of cirrhosis in 60% of patients in a large tertiary hospital. Almost eighty percent of the alcoholics had also been smokers. The majority of alcoholics experience fatty liver, which is curable after they stop.

How alcohol make a family vulnerable

Damaged Family Relationships: One way that alcoholism affects households is through damaged relationships. Families of individuals who drink alcohol often struggle to forge strong emotional ties, even within their own family unit. Usually, the parents are the first to do this. Among the variables associated with teenage alcohol consumption are parental drinking and unsatisfactory parent-adolescent relationships (Hummel *et al.*, 2013) [14].

Developmental Problems in Neglected Children: Offspring of an alcoholic mother and father are more vulnerable to emotional, behavioural, and cognitive issues. That is a major worry because an estimated 6.6 million children live in homes where drinking is prevalent. Previous analyses have noted that alcohol intake contributes significantly to the overall mortality burden among younger individuals due to its impact on injuries (Shield & Rehm, 2015) [16]. Numerous mediating elements in these correlations have been found to either exacerbate the susceptibility of children whose parents have AUDs or to play a protective role by boosting resilience (Park & Schepp, 2015; Wolfe, 2017) [25, 45].

Domestic Abuse: One of the most alarming effects of alcoholism is an increased risk of domestic violence within the family. Alcoholism-related abuse can take the form of emotional or physical abuse. Alcohol consumption can have negative effects on a person's health as well as their family, friends, and other people. These effects can encompass a wide range of social issues in addition to health difficulties. Numerous organisations, including as emergency services, the medical system, the police and criminal justice system, welfare agencies, and religious institutions, address the issues as part of society reaction (Room & Hall, 2017) ^[30].

Drained Family Finances: Regular alcohol consumption has a high cost of dependency. Although the total amount spent on alcohol varies depending on how often and what kind is selected, the costs add up. A increased likelihood of adult depression in children with parental alcohol use disorders (AUDs) has been linked to studies (Wolfe, 2017; Fuller-Thomson *et al.*, 2013) ^[45].

Physical And Mental Health Problems: Ultimately, the battle against alcoholism affects the emotional and physical health of all family members. Because excessive alcohol intake has negative effects on physical fitness, the person avoiding dependency will manage these issues. Drinking-related harm to other people the full extent of alcohol-related harm includes more than just health effects. Drinking causes harm not only to the individual who consumes alcohol but also to everyone in their immediate vicinity, including family members, acquaintances, and strangers. The harms can be economic (e.g., property damage, money spent on drinking for requirements for the family) or social (e.g., assault, community annoyance) or health-related (e.g., injury, a family member's anxiety or sadness, infection transmitted to a sexual partner) (Karriker-Jaffe *et al.*, 2018) ^[17].

Alcohol and Sexual Risk

Men typically have greater social freedoms than women in our society, including the ability to consume alcohol and engage in sexual activity. Pregnancies among teenagers are also increasing. The practice of having extramarital sex is on the rise. Risky sexual habits persist, as noted in Belarus, Zambia, India, and other countries, irrespective of a confirmed STI or HIV diagnosis. Reproductive, maternity, neonatal, paediatric, and teenage health Children's and women's health are impacted by alcohol use. The correlation between alcohol intake and unprotected sexual activity (Scott-Sheldon *et al.*, 2016; Rehm *et al.*, 2012) ^[34, 26] Early sexual experiences have also been linked to alcohol consumption. Particularly common environments for alcohol consumption and sexually suggestive behaviours include dancing clubs, bars, dreary houses, interstate dining establishments, motels, and massage parlours. Across national boundaries, alcohol use and sexually hazardous behaviours increase during particular celebrations and festivals ^[16]. Due to delayed pregnancy detection, alcohol and drug use also raise the risk of alcohol exposure for the foetus (Connery, Albright & Rodolico, 2014) ^[9]. Alcohol consumption has been shown to increase the risk of HIV/AIDS by increasing the risk of transmission (resulting from an increased risk of unprotected sex (Rehm *et al.*, 2017) ^[26], and by increasing the risk of infection and subsequent mortality from tuberculosis and lower respiratory infections by suppressing a wide range of immune responses via multiple biological pathways, particularly in people who engage in heavy episodic drinking

or who chronically consume large amounts of alcohol (Sarkar, Jung & Wang, 2015) ^[32].

Govt. Rules and Alcohol Addiction

The negative effects of alcohol claim the lives of three million people annually. The World Health Organisation (WHO) has thus identified ten crucial areas for national policy options and interventions aimed at lowering the morbidity and death associated with alcohol abuse and the societal repercussions that follow. Public health entities, experts, and advocates have repeatedly presented and discussed the compelling public health case for considering the negotiation of a Framework Convention on Alcohol Control, or alternatively, for including alcohol within other international control systems (Room *et al.*, 2008) ^[30], given the growing encroachment of international trade and investment on the ability of national and subnational governments to control their alcohol markets (The Lancet, 2007; Casswell & Thamarangsi, 2009; Baumberg 2010) ^[19, 8, 4].

- Accountability, mindfulness, and leadership.
- The response from health authorities.
- Civic engagement.
- Strategies and countermeasures against drunk driving.
- Liquor availability.
- Promotion of a variety of snacks.
- Methods of pricing.
- Diminishing the adverse effects of alcohol use and intoxication.
- Diminishing the impact of illicit and carelessly supplied alcohol on public health.
- Observation and exploration

Alcohol Rehab Programs in India - Rehab For Alcohol Addiction

The WHO's 2013–2020 mental health action plan recognises that alcohol consumption is a risk factor for mental health issues and that there is a high degree of co-occurring severe mental disorders with alcohol and other substance use disorders. It also highlights the benefits of working together to implement the global strategy to reduce alcohol consumption and the mental health action plan (WHO, 2013) ^[42]. Depending on the needs of the patient, Alpha Healing Centre provides a wide range of alcohol addiction treatment programmes. Because patients react differently to different types of rehabilitation therapy, our experts will design the treatment plan that best meets your requirements. Our alcohol rehab's treatment strategy, which combines mindfulness meditation, 12-step facilitation, and cognitive behavioural therapy (CBT), has a solid body of research supporting it as the most successful way to treat addiction to alcohol as well as other substances and disorders associated with them. The centre also incorporates recovery yoga to help individuals improve their physical conditioning. Consequently, many systems, professions, government agencies, and international organisations share responsibility for addressing the issues brought on by alcohol, even though none of them are primarily focused on alcohol-related issues (Room, 2018) ^[30]. Furthermore, the type of treatment a person receives will depend on the kind of addiction they have; that is, whether they are struggling with alcoholism or alcohol addiction. Generally speaking, AHC treats alcoholism from its foundation, which sets us apart from other rehabilitation and treatment facilities.

Intervention

People who are addicted to alcohol most of the time live in denial. They're not prepared to accept the possibility that they may have an alcoholism or addiction issue. You can always step in to support a loved one or friend who is exhibiting signs of addiction in order to assist them get help.

You can contact our addiction treatment specialist to have a conversation with your friend or loved one about their addiction and the dangers it poses to their bodily and mental well-being during an intervention. Our therapist will give them an overview of the procedure and explain how our rehab facility can support their recovery from addiction.

Inpatient Alcohol Rehabilitation Centre

Programmes for inpatient treatment of alcohol addiction provide a much-needed respite from the routine environmental cues that may have contributed to your alcohol usage. The patient in this programme is admitted to a residential rehab centre, where they are anticipated to remain until their treatment plan is finished.

What to expect from our alcohol addiction recovery program

Here are some of the treatment programs offered within our inpatient alcohol addiction treatment in India.

Cognitive Behavioral Therapy (CBT)

CBT is a type of therapy that focuses on recognising emotions and circumstances known as triggers that frequently result in binge drinking. In order to prevent reverting to previous drinking patterns, cognitive behavioural therapy will also educate you how to better control your stress.

Teaching the patient how to modify the mental patterns that led to alcohol abuse is the primary goal of cognitive behavioural therapy. You will also acquire the abilities needed to deal with commonplace circumstances that could set off alcohol cravings.

Motivational Enhancement Therapy

As implied by the name, the goal of this brief therapy programme is to increase and fortify your desire to modify your drinking habits. Motivational enhancement therapy will concentrate on highlighting the benefits of receiving medical attention, boosting self-esteem, creating strategies to modify drinking patterns, and implanting the necessary skills to carry out the plan.

Marital and Family Counseling

Your spouse and other family members may need to attend therapy and counselling sessions as part of this programme. It is beneficial when the damaged family ties are the underlying issue that gives rise to alcoholism. Furthermore, studies indicate that the likelihood of sustaining long-term sobriety throughout addiction recovery is higher when there is a robust support network within the family.

Choosing Alpha Healing Center for Alcohol Abuse Treatment: Here are reasons why you should choose Alpha Healing Center for residential alcohol abuse treatment:

Personalised Treatment Programs

Alcohol addiction affects people in different ways. This makes it necessary to create treatment plans that are tailored to each patient's specific requirements. The experts in addiction treatment at Alpha Healing Centre will collaborate

with you to create the most effective treatment plan possible.

Complete Withdrawal Management

Because alcohol withdrawal causes so much suffering, quitting can be difficult. The intensity of the withdrawals will increase if you attempt to detox on your own. However, Alpha Healing Center's medical detoxification programme includes withdrawal management in one package for a smooth detox process. You can feel secure knowing that your alcohol withdrawal symptoms are under the care of a team of medical experts, protecting you from uncomfortable and sometimes fatal withdrawal symptoms.

Residential Treatment Facility for Alcohol De-Addiction

In Gujarat, India, there is a residential alcohol treatment centre called Alpha Healing Centre. We provide top-notch inpatient rehab services, complete with opulent private rooms, a calm setting that promotes healing, and customised treatment plans. The calmness makes it the perfect setting for our patients to concentrate on sports, yoga, and meditation. You can enlist with us and receive all of these benefits at a reasonable cost. At AHC, everyone is welcome, regardless of their current situation. Helping addicts take back control of their lives is our goal.

Conclusion

Now that we've covered every subject, we have a comprehensive understanding of alcohol's negative impacts. We also know which is best for our emotional and physical well-being. Our choices now have to be strong enough to lead prosperous and healthy lives. There are many things that could negatively impact our physical or mental well-being, but the important point is that we have the ability to select the things that will lead to a better existence. Thus, it all comes down to our awareness, knowledge, and a firm "NO" to alcohol. One of the best methods for lowering the hazardous use of alcohol is to raise the price of the beverage (WHO, 2010) [42].

Research consistently indicates that raising the price of alcohol is linked to a decrease in alcohol-related morbidity and mortality, such as deaths from liver cirrhosis, violence, adolescent pregnancy, and STDs (Wagenaar, Salois & Komro, 2009, Elder *et al.*, 2010; Wagenaar, Salois & Komro, 2010) [39, 35, 40]. Minimum purchasing age in the country Raising the legal drinking age in your country will help minimise underage alcohol intake and its associated risks, especially drunk driving accidents (Shults *et al.*, 2001) [35]. This was suggested by Wagenaar & Toomey (2002) [45]. Alcohol drinking on and off premises may be subject to age limits. Because these laws are more prevalent, this research concentrates on the minimum legal age restrictions for purchases made on-site.

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