



Rehab Center Reports on Shaky Hands and Alcohol

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With locations throughout the city, including Cagnon Road, San Antonio Recovery Center recently shared a blog touching on one of the lesser-known side effects of alcohol use ? shaky hands. With the high frequency of Texas residents who drink on a regular basis, the rehab center believes in providing education on alcohol use so the community can make informed decisions about their health.

To start off the piece, San Antonio Recovery Center touches on why many people seek out alcohol in the first place. ?Alcohol is favored by so many due to its effects on the brain?s neurotransmitters. It increases the neurotransmitter GABA, which is a relaxing chemical in the brain. It reduces stress and anxiety, and can promote peaceful sleep. Simultaneously, alcohol lowers the brain?s glutamate levels. Glutamate is an excitatory neurotransmitter, and is important to memory, cognition, and mood regulation. This creates a relaxed state while intoxicated??

The next step they take in the piece is to link these neurological effects to shakiness experienced across the body, particularly in the hands. The primary link comes not from the presence of alcohol, but rather from the lack of it. ?Alcohol shakes are a part of alcohol withdrawal? Alcohol shakes can begin as early as five hours after your last drink, and tend to be at their worst 24-72 hours after last consuming alcohol. Without drinking to stop them, they will last until the withdrawal process ends, which is 1-2 weeks on average.?

Readers may know about alcohol withdrawal but assume they don't drink enough for it to happen to them. Withdrawal is more complex than many realize, which is why SARC takes the time to further break down how shaky hands occur during withdrawal and what it can mean for readers. Shaky hands from alcohol are a part of withdrawal, but they aren't the same as every other withdrawal symptom. They can be an indication of a more serious problem, called Delirium Tremens (DT). DT starts with shaky hands, insomnia, confusion, and in some cases, seizures. It can progress to include hallucinations, psychosis, fever, and more. DTs are an extreme result of the brain's unbalanced neurotransmitters during alcohol withdrawal.

San Antonio Recovery Center stresses in their blog how serious shaky hands can be, and encourages readers to be alert and not dismiss this side effect as something that will simply go away on its own.

The best way to minimize shaking from alcohol is to drink less alcohol, or quit drinking altogether. The rehab center explains, To do that, however, alcohol shakes will get worse before they get better. Rehydrating, eating a balanced diet, meditation, and vitamins may make alcohol shakes less severe, but they will not get to the root cause of your alcohol shakes or cure them long-term. The best way to minimize shaking from alcohol is to seek professional treatment and undergo an alcohol detox in a safe, supervised environment.

They finish up the piece but explaining what options are available to safely address alcohol withdrawals and shaky hands. If readers wish to learn more, they can read the piece at the link above.

San Antonio Recovery Center, a Texas-based rehab clinic with locations on Cagnon, has been a community partner for years. They utilize their extensive experience treating behavioral health and substance use disorders to take an education-based approach to treatment. With the largest alumni program in San Antonio, they offer support to all at their alumni events, including those who did not attend their center.

To learn more about San Antonio Recovery Center, call 866-957-7885 or visit their website.

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For more information about San Antonio Recovery Center - Cagnon, contact the company here: San Antonio Recovery Center - Cagnon
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San Antonio Recovery Center - Cagnon

San Antonio Recovery Center is based strongly on the 12-step treatment philosophy that has helped millions regain control of their lives. This successful San Antonio program emphasizes the recognition and identification of addictive behavior patterns.

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