Legacy Healing Center Publishes New Article on Addiction For Men's Health Awareness Week

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Margate Florida - Legacy Healing Center in Margate Fl with additional locations in Pompano Beach, and Delray recently published a new article on their website with information about men, addiction, and the unique factors associated with men?s health as they relate to substance abuse.

Men?s Health Week takes place during the week leading up to Father?s Day each year. It is a time to recognize the many health issues that men face, one of which is substance abuse.

Recently, there have been new developments in our understanding of the addictive habits and behaviors of men. The article published by Legacy Healing Center explains seven factors and health risks unique to men as they relate to addiction, outlined below.

There are 7 Factors Regarding Men and Addiction. Early Manifestation of Addictive Behavior. When comparing the age at which men and women begin experimenting with drugs and alcohol, studies show that men tend to do so at a younger age. Addiction is more likely to form with frequent, prolonged substance abuse.

Another factor Is Heightened Risk of Binge Drinking. A recent study from the Centers for Disease Control show men are twice as likely to binge drink than women. The same study determined that 58% of the men interviewed reported that they consumed multiple drinks in a short period of time. The health risks associated with binge drinking are serious and can be long-lasting. They include mood and memory issues as well as possible brain and liver damage.

Mental Illness Often Plays a Role. Mental health issues can come in many forms; post-traumatic stress disorder, depression, and anxiety are all examples of the co-occurring mental health issues that can lead men to self-medicate. As there is a stigma of embarrassment associated with mental illness, many turn to

substances as a form of self-medication. This can quickly turn into addiction.

Hindrance of Male Hormone Production. Consuming large amounts of alcohol can affect the male body?s ability to produce hormones. The lack of male hormones can lead to multiple negative health issues including impotence and infertility. It can also lead to a noticeable reduction in the growth of facial and chest hair.

Increased Risk of Cancer. One of the greatest health risks of substance abuse in men is the heightened chance of developing various forms of cancer. Men with a history of alcohol addiction are at a greater risk of developing liver, colon, throat, mouth, and esophageal cancer.

Heightened Mortality Rate. With substance abuse comes a variety of health risks associated with impaired driving, violence, and other factors that can lead to injury and death. A recent report by the Traffic Injury Research Foundation shows that in 2011, nearly 40 percent of male drivers killed in drunk driving incidents were drunk, compared with 20 percent of female drivers.

Intense Withdrawal Symptoms. According to the Journal of Neuroscience Research, the physical and emotional symptoms that men experience during the withdrawal process are typically more intense than those experienced by women. While withdrawal is part of the recovery process, its uncomfortable symptoms are one of the greatest challenges to men?s recovery.

Men?s Health Week was created in 1994 by Congress to raise awareness of preventable health problems and to encourage early detection and treatment of disease among men. The sponsors of the bill, former Senator Bob Dole and former Congressman Bill Richardson, cited the cost-effectiveness of a shift from treatment to prevention in health care emphasis when presenting the bill.

Prevention of diseases requires awareness and Men?s Health Week helps advance this message. It provides an opportunity to educate and share information that can improve the health and wellbeing of men everywhere.

Legacy Healing Center?s mission is to help patients achieve long-term success in recovery. Learning healthy coping skills and cultivating good mental health prevents relapse and is a critical piece in achieving long term sobriety. Legacy?s behavioral health programs utilize an individualized, client-centered approach designed to lay a solid foundation for anyone who wants to recover. For help with addiction, please call Legacy Healing Center today.

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Legacy Healing Center - Alcohol & Drug Rehab & Detox is South Florida's #1 resource for drug, alcohol and prescription drug treatment.

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