New Futures Recovery Healthcare Blog Discusses Alcohol Withdrawal Treatment

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Futures Recovery Healthcare has just posted a new blog on its website that discusses the major steps in alcohol withdrawal treatment. The newly posted article directly addresses one of the biggest obstacles that people trying to recover from alcohol dependency face on their road to recovery. This Tequesta, Florida-based healthcare facility treats substance abuse patients not only from Florida but also from all over the USA and other countries too. Futures? therapies, curriculum, wellness offerings, and peaceful setting are all part of the plan to help adult patients directly address the physical and psychological health effects of substance use. They accomplish this by offering comprehensive, coordinated care for addiction sufferers that will guide them and keep them on their path to recovery.

The newly posted blog on Futures Recovery Healthcare?s website started by saying that alcohol consumption is something that people all over the world take pleasure in but for some, they cross a line. That?s when light to moderate drinking progresses into a heavy drinking phase that eventually leads to alcohol dependence in many cases. The article points out that there are several terms for the latter such as alcoholism, but professional treatment centers such as theirs prefer to use the term ?Alcohol Use Disorder? (AUD). It was mentioned in the blog that once a person starts suffering from AUD, rarely can they stop

drinking heavily on their own.

The blog went on to discuss that the first step in recovery for an AUD patient is to get them to stop drinking but it pointed out it?s also the most difficult step. It mentions that alcohol withdrawal symptoms are very uncomfortable for an AUD patient and can harm their health if not properly managed. According to the new blog post, alcohol withdrawal symptoms can be so mentally and physically taxing, that many patients simply want to give up and go back to drinking at this point. The article says this is why it?s vital for AUD patients to get some form of professional assistance like their treatment center offers to help them through this step in their recovery. It was also pointed out that those who try to detox from alcohol on their own run the risk of suffering from such severe acute withdrawal symptoms such as loss of consciousness, delirium tremens (DTs), and seizures. The Futures Recovery Healthcare blog also mentioned that lesser alcohol withdrawal symptoms include anxiety, loss of sleep, irritability, cravings, nausea and vomiting, headaches, body aches, cramps, dizziness, and memory issues.

Lastly, the new post discussed the types of treatments that are used to help AUD patients cope and progress through the alcohol detox and withdrawal phase of their recovery. At Futures Recovery Healthcare, these treatments are designed by their in-house full-time medical director and her team. The article also noted that as an added precaution a resident assistant (RA) closely monitors each client during the typical 3 to 7-day detox period. It was also stated that this healthcare facility?s treatments are tailored to meet each patient?s specific detoxification needs and this will often vary from patient to patient. The blog gave an example of this by saying that while one patient may require medication-assisted detox another may not. Each patient?s course of detox treatments depends on such factors as their level of alcohol dependency and their current physical and mental state. The blog article ended by stating that the goal of the detox treatments at Futures Recovery Healthcare is to safely and comfortably get a patient through alcohol withdrawal and to help them establish a solid foundation in their effort to achieve long-lasting sobriety.

The new blog post even included an embedded audio recording of the material for those that are on the go or would rather listen about the information in the article instead of reading it. For those that want more information on how to beat alcohol abuse, they can get in touch with Futures Recovery Healthcare by phone, email, or by filling out the contact form on this reputable substance abuse treatment facility?s website.
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For more information about Futures Recovery Healthcare, contact the company here:Futures Recovery HealthcareDeja Gilbert561-935-4227dgilbert@futuresrecoveryhealthcare.com 701 Old Dixie HwyTequesta, FL 33469

Futures Recovery Healthcare

Futures approaches the treatment of addiction and co-occurring physical and mental health conditions as chronic medical problems requiring comprehensive and integrated care and a lifetime of self-management.

Website: https://futuresrecoveryhealthcare.com

Email: dgilbert@futuresrecoveryhealthcare.com

Phone: 561-935-4227

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