

Legacy Healing Center Reports Increasing Alcohol Use in Brevard County is Cause for Concern

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Delray Beach Florida ? Legacy Healing Center in South Florida reports that alcohol use is on the rise in Brevard County. Alcohol consumption in places like Cocoa Beach, Melbourne, and Cape Canaveral is seeing a sharp increase as COVID-19 continues to affect the public, which is a cause for alarm for many health officials.

The Space Coast Health Foundation (SCHF) recently released a study indicating the number of ?excessive drinkers? jumped from 14.3% in 2016 to 24.4% this year. That?s a 10-point increase, or 44% higher, in three years which has many community health experts worried.

The use of alcohol has been on the rise for many years, but due to the COVID-19 pandemic, those numbers rose sharply in many parts of the world. People are dealing with multiple stressors that the majority were not prepared to handle and many have turned to alcohol to try to cope. There is also a rise in mental health disorders like anxiety and depression, which are common drivers of alcohol and drug use. For some, drinking

more alcohol is the result of more free time and boredom. Those who were considered moderate drinkers are drinking to excess, and those already struggling with alcohol abuse, have found it more difficult to maintain sobriety.

The effects of too much drinking is staggering. Drinking excessive amounts of alcohol has many ill health effects on the body, and because alcohol is readily available and socially acceptable, it?s easy to step into the realm of heavy drinking. Excessive alcohol can have immediate repercussions like injuries from falls, violent outbursts, motor vehicle accidents, and alcohol poisoning.

But over time, excessive alcohol use can lead to a long list of chronic diseases and lifelong consequences. Cardiovascular disease is one of the most common, which includes conditions such as high blood pressure, heart disease, and stroke. Heavy drinking can also lead to multiple organ failures and even certain types of cancer such as liver, breast, and colon cancer. Alcohol abuse can also lead to a series of mental health disorders as well as memory problems, including dementia.

Moderate drinking is defined as limiting consumption to 2 drinks or less per day for men or 1 drink or less per day for women. Excessive drinking includes binge drinking; 4 or more drinks in a single occasion for women and 5 or more for men. Heavy alcohol use is defined as binge drinking on 5 or more days in the past month.

In addition to excess consumption, there are other signs that alcohol has become a problem, namely that it has started to affect daily life. This can include missing work or negatively affecting personal relationships. Other signs of alcohol dependence include difficulty cutting back on drinking, spending a lot of time sick (i.e. hungover), experiencing cravings for alcohol, needing more alcohol to get the same effect (tolerance), giving up other activities that used to be important in order to drink, and experiencing withdrawal symptoms like shakiness, racing heart, anxiety, and trouble sleeping.

If alcohol abuse is suspected, finding help at a Cocoa area drug rehab is important. Legacy Healing Center?s mission is to support patients across Florida and throughout the country in achieving long-term recovery. Their individualized holistic behavioral health programs can provide the help needed for any level of alcohol dependence and addiction. For those who need help to get back on track with a healthy lifestyle, please call Legacy Healing Center at (888) 534-2295 or visit them at www.legacyhealing.com today.

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For more information about Legacy Healing Center - Alcohol & Drug Rehab Delray Beach, contact the company here:Legacy Healing Center - Alcohol & Drug Rehab Delray BeachTravis Benfaida(954)

420-7414info@legacyhealing.com1690 South Congress Ave Suite 202 ADelray Beach, FL 33445

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach is the #1 drug & alcohol detox & rehab center serving Delray Beach. We help people who are wanting to live free from addiction. Drugs, Alcohol, Prescription Drugs. ?Rehab ?Rehab ?Rehab

Website: https://www.legacyhealing.com/delray-beach/

Email: info@legacyhealing.com

Phone: (954) 420-7414