

Legacy Healing Center Publishes Article on Alcohol Abuse in Light of Alcohol Awareness Month in April

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Delray Beach, FL ? Legacy Healing Center with locations in Margate, Pompano Beach, Delray Beach, and now Cherry Hill, New Jersey, has recently published an article on their website about the Dangers of Alcohol Abuse. April is National Alcohol Awareness Month, which was developed to raise awareness and understanding of the causes and treatment of alcoholism.

Alcohol is the most used substance in the US and can easily become a problem when it is misused. Recent studies show in people ages 18 and older, 25.8% reported binge drinking in the past month and 6.3% reported heavy alcohol use in the past month.

Binge drinking is defined by NIAAA as drinking enough alcohol to bring the blood alcohol concentration to 0.08%, which is about 5 or more drinks for men or 4 or more drinks for women, in about 2 hours. Heavy Alcohol use equates to consuming more than 4 drinks on any day or more than 14 drinks per week for men and more than 3 drinks on any day or more than 7 drinks per week for women.

SAMHSA (The Substance Abuse and Mental Health Services Administration) defines heavy alcohol use as binge drinking on 5 or more days in the past month. Both binge drinking and heavy alcohol use increase an individual?s risk of developing alcohol use disorder.

Too much alcohol can cause physical and mental harm. The most common effect on the body is liver damage, caused by alcohol killing liver cells and subsequent scarring called cirrhosis. Too much alcohol also increases blood clots and cholesterol, causing heart disease. Heavy drinking causes brain and nervous system problems like depression, dementia, and painful nerve damage. There is also a risk of digestive issues, infections from a lowered immune system, seizures during alcohol withdrawal, gout, various cancers, anemia, and sleep issues like insomnia and sleep apnea.

Alcohol is very prevalent in the US and many social activities revolve around alcohol use. Anyone and everyone can benefit from learning more about the signs and dangers of alcohol abuse. Denial is quite common among those struggling with alcohol abuse. People often underestimate how much they?re drinking, how long they?ve been over-drinking, the impact on their life and health, and how much control they have over their drinking.

Alcohol Awareness Month helps reach people who may not be aware of the dangers of alcohol abuse and how much is too much. It also aims to educate the public on how to approach alcoholism for either themselves or a loved one.

For those who are or have a loved one struggling with alcoholism, it can be awfully hard to have the conversation acknowledging that there is a problem and help is needed. At Legacy Healing Center understands how hard it can be to seek help for alcohol addiction. They also know from personal and professional experience how rewarding life in recovery is. They are dedicated to helping people navigate the unknown road ahead as they decide they are ready to transform their lives for the better. Legacy Healing Center has programs for any level of alcohol addiction including alcohol detox, inpatient, and outpatient rehab. Legacy Healing Center is a luxury addiction treatment center offering first-class amenities to help patients feel comfortable and at home so that they can focus on their own healing. Their knowledgeable and compassionate admissions staff are always available to help and to discuss alcohol addiction treatment options. Don?t hesitate to call (888) 534-2295 to start the journey to a healthier, better life than ever dreamed possible.

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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

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