Pinnacle Peak Recovery Blog Post Defines Heavy Drinking

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Scottsdale, Ariz. ? Pinnacle Peak Recovery, an alcohol and drug rehab facility in Scottsdale, Ariz., has recently published a blog post that explains what is regarded as heavy drinking. Since it's legal for people age 21 or older to buy alcoholic drinks, the simple act of drinking is regarded as a common and socially acceptable behavior. However, when someone's drinking has undesirable effects, such as not showing up for work or other functions, these are warning signs that the person may already be engaged in heavy drinking.

While heavy drinking is defined a bit differently by professionals, common factors are the amount consumed and the frequency of the drinking. According to the Centers for Disease Control and Prevention (CDC), heavy drinking in men is consuming 15 drinks or more each week, while for women, it's drinking eight drinks or more every week. The National Institute of Alcoholism and Alcohol Abuse (NIAAA) defines heavy drinking as having four drinks or more daily for men and three drinks or more every day for women. Moderate drinking is considered not exceeding two drinks daily for men and one drink daily for women.

?The distinction between moderate and heavy is important to keep in mind when it comes to alcohol consumption," a spokesperson for Pinnacle Peak Recovery said. "When someone notices they or a loved

one has slipped from a controlled level of enjoying a drink or two with a friend occasionally to staying up for hours drinking nightly, their might want to check their habits."

To determine if someone has an alcohol use disorder, some things to consider include whether drinking has become habitual; whether they are consuming large quantities; whether they have trouble recalling activities the next day (blackout); whether they are missing work or family commitments; whether they are participating in risky behavior of a sexual nature or driving under the influence; and whether family members have expressed concern, causing the person to isolate themself to continue their drinking unbothered.

Heaving drinking has several health risks, usually because it causes the person to adopt a sedentary lifestyle. Also, a stomach full of alcohol provides the individual with a full feeling so that vital nutrients are no longer consumed. On the other hand, the person gains weight through empty calories. It can also increase the risk for depression, breast cancer, liver disease, heart disease, stomach bleeding, and wet brain (a brain disorder due to vitamin B1 deficiency).

Pinnacle Peak Recovery offers a wide variety of treatment programs, including detox, inpatient rehab, medication-assisted treatment, mental health services, men?s rehab, women?s rehab, day treatment, an intensive outpatient program, sober living, and an aftercare program. They have a team of licensed therapists, medical professionals, and support staff who will comprehensively evaluate an individual?s situation to establish a personalized rehab program.

Detox is the first step in the recovery process. This is important because withdrawal symptoms can be mild or very uncomfortable, and possibly life-threatening if the detox is not performed in a medically supervised environment. After detox, most people struggling with heavy drinking will need inpatient rehab, which provides a supportive and comfortable environment with the primary goal of recovery.

Founded in 2015, Pinnacle Peak Recovery is an inpatient and intensive outpatient treatment facility providing nationally recognized, evidence-based treatment alternatives. They apply a holistic and comprehensive approach to overcoming addiction and co-occurring mental health disorders in a supportive, confidential, and safe environment.

Those who are interested in learning more about the services offered by Pinnacle Peak Recovery can check out their website, or contact them on the phone or through email.

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For more information about Pinnacle Peak Recovery, contact the company here:Pinnacle Peak RecoveryTyler Tisdale480-750-1200info@pinnaclepeakrecovery.com8070 E Morgan Trail Unit

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Pinnacle Peak Recovery

Pinnacle Peak Recovery is a residential and intensive outpatient addiction treatment facility located in Scottsdale, Arizona. We offer nationally recognized, evidence-based treatment options for those needing drug rehab services.

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