Gulf Coast Rehab Explains Alcohol and Night Sweats

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LARGO, FL - April 17, 2024 -
Largo, FL ? Clean Recovery Centers, a local rehab with locations throughout the Gulf Coast, recently released a blog explaining the relationship between alcohol and night sweats. Their program offers a unique, three-phase approach to addiction treatment that also addresses mental health.

?Alcohol interferes with the central nervous system, which is responsible for temperature regulation. When drinking alcohol in excess, it can feel like your body is warmer, causing you to sweat more. This is because alcohol causes blood vessels in the skin to become wider, making the skin flush and feel warm. Sweat is the body?s response to try to cool the skin down.

"Despite feeling warm when drinking, there is an increased risk of hypothermia when alcohol-related night sweats are triggered. If in a cold environment, the sweating will take away more body heat and result in a lowered body temperature. This can become dangerous as hypothermia sets in. As the liver processes alcohol, the blood vessels then begin to become more constricted. This causes blood pressure and heart rate to rise, leading to sweating. With increased sweating and urination, the body becomes dehydrated, leading to headaches and making it difficult to sleep,? the article reads.

Experiencing alcohol withdrawal can cause different symptoms at different times. When the body becomes

used to having alcohol in the system, it reacts to adjust when it is no longer present. Night sweats are a response to the body trying to regulate blood flow due to blood vessels narrowing. It becomes harder for the heart to pump blood, raising body temperature and causing sweating. The body will begin regulating again after a few days.

Night sweats from alcohol can cause many symptoms including clammy skin, especially under the arms and around the face and neck, increased heart rate, flushing of the face or skin, headaches, increased thirst, dehydration, and difficulty sleeping. Whether caused by drinking or alcohol withdrawal, night sweats should go away on their own in a few days or weeks. If night sweats continue after alcohol consumption has stopped for weeks, seek medical attention. There may be an underlying condition causing night sweats to keep occurring, such as menopause, low blood sugar, diabetes, and thyroid problems.

?Alcohol intolerance is a genetic condition characterized by a mutation in the gene that processes alcohol. Those with alcohol intolerance typically stay away from drinking as it only takes one drink to cause unpleasant symptoms. The most common sign of intolerance is flushing of the face and neck. This can lead to increased sweating, and even cause bouts of night sweats to occur. Like those who drink regularly or excessively, those with alcohol intolerance will experience night sweats only temporarily,? the article continues.

Alcohol sweats can be managed by ensuring the room is cool before going to sleep. Staying hydrated and refraining from drinking can also help manage night sweats. However, if night sweats are accompanied by hallucinations and seizures, it may be necessary to seek medical attention, as this is a sign of delirium tremens (DTs).

Clean Recovery Centers has been providing quality addiction treatment for years and helped hundreds to get clean, live clean, and stay clean. Their facilities are the only ones in the Suncoast area that have certified, rapid-resolution therapists at each site. This specific therapy addresses past trauma, which often plays a role in developing substance use disorders. Other components of their program include wellness, family therapy, and mental health treatment paths.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers - Largo

Located on the beautiful Suncoast of Florida, Clean Recovery Centers provides the full spectrum of treatment options for drug and alcohol addiction.

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