Rehab Explains the Warning Sign of Alcohol Shakes

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SCOTTSDALE, AZ - May 21, 2024 -
Scottsdale, Arizona-based rehab center, Pinnacle Peak Recovery, recently shared an article talking about the truth behind alcohol shakes. As a facility dedicated to their community, they wanted to spread awareness and provide education about what alcohol shakes can truly mean for someone experiencing them.

Pinnacle Peak starts their article by explaining that alcohol shakes won?t appear out of nowhere. ?The leading cause of alcohol shakes is alcohol withdrawal, which is caused by stopping or lowering one?s intake of alcohol.? While the average person who drinks on occasion is unlikely to experience alcohol withdrawal, the rehab center shares the facts about how many people are likely to get alcohol shakes. ?In 2019, 279,000 people were diagnosed with an alcohol use disorder in Arizona.?

?When you decide to stop drinking or decrease how much alcohol you are drinking, the brain and nervous system have a difficult time coping with the change in activity.? The rehab center goes on to explain. ?This change in the brain will lead you to experience symptoms of alcohol withdrawal, with one of the potential symptoms being tremors or shakes.?

The main point of the article is to stress that alcohol shakes are rarely a solo symptom and can be accompanied by other side effects. Additionally, alcohol shakes can range in severity, too. ?When it comes to

alcohol shakes in general, some people only experience mild, unnoticeable tremors. For others, alcohol shakes may interfere with their daily activities or cause pain. Meanwhile, some people don?t experience any alcohol shakes at all when they decrease their alcohol use.?

The article goes on to explain the timeline of alcohol shakes. If someone were to go through withdrawal and have alcohol shakes, their first symptoms would appear within 6 hours of their last drink. They can last as short as a few hours or last up to weeks after the last drink was consumed.

Pinnacle Peak then goes on to answer the question, ?Can you manage alcohol shakes alone?? They go on to explain simple ways the reader can address it at home while also emphasizing when medical help would be the best step for readers. ?One way you can manage mild alcohol shakes is by drinking water or electrolyte drinks, which may help lessen shakes and other withdrawal symptoms while restoring the chemical imbalance your body is experiencing for alcohol withdrawal? If you have moderate to severe cases of alcohol shakes, you should seek the guidance of a medical professional.?

?The best way to get rid of and manage alcohol shakes is to seek alcohol detox? Pinnacle Peak tells readers. ?While it might seem possible to try and recover from an alcohol use disorder on your own, it can become a dangerous experience. While most people do not experience life-threatening symptoms when they undergo alcohol withdrawal, complications can occur. It?s much safer to seek treatment in a medical space.?

Pinnacle Peak is a full-service treatment center for those with substance use disorders or alcohol use disorders. Their program utilizes evidence-based treatments such as combining detox with dialectical behavioral therapy (DBT) and cognitive behavioral therapy (CBT), which is known to have higher success rates by encouraging learning skills and healthy behaviors to deal with stressful situations. With a home-like environment, their clients feel surrounded by support and can focus on their recovery.

To learn more about Pinnacle Peak and their program, call 877-781-5821 or visit their website.

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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 200Scottsdale, AZ 85258

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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