



Rehab Center Explains Alcohol Withdrawals

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Point Pleasant, WV ? Hope for Tomorrow is a local rehab whose recent publication explains the signs and symptoms of alcohol withdrawals. Their program focuses on inclusion and accepts veterans, pregnant women, and couples.

?Alcohol withdrawal, also known as alcohol withdrawal syndrome (AWS), happens when you stop drinking alcohol after your body is used to it being in your system. When the brain becomes dependent on alcohol after long-term use, you?ll experience uncomfortable complications.

Going through alcohol withdrawal doesn?t necessarily depend on how much you drink. Alcohol withdrawal occurs most commonly in people who drink heavily for a long time. The type of alcohol can influence the severity of withdrawal, too ? red wine, for example, has antioxidants that can make symptoms less severe. Beyond that, it depends largely on your genetics, age, body composition, and any other health conditions you have,? the article reads.

Alcohol withdrawal can come with many different symptoms, and not everyone will experience the same exact ones. Common withdrawal symptoms include nausea and vomiting, headaches, stomach pain, fatigue, chills, nightmares, shakiness, sweating, decreased appetite, depression, and anxiety. Other mental health

symptoms include mood swings, irritability, trouble concentrating, confusion, and strong cravings for alcohol. Delirium tremens (DTs) are the most severe form of withdrawal and include hallucinations, seizures, and high blood pressure. DTs are rare but serious and require medical attention.

The timeline of alcohol withdrawal follows a general pattern. Six hours after the last drink, mild withdrawal symptoms begin to set in. These include headaches, shaky hands, and nausea. 12-24 hours after the last drink, withdrawal will be more noticeable and include increased sweating, insomnia, and depression. 24-72 hours after the last drink, withdrawal will be at its highest. This is where DTs can begin, and if seizures or hallucinations occur, medical attention needs to be sought. After the initial 72 hours, withdrawal will begin to subside and symptoms will dissipate.

When you drink alcohol, it impacts two of your brain's neurotransmitters: GABA and glutamate. GABA is an inhibitory neurotransmitter, meaning it calms your system down. Glutamate is the opposite – it's excitatory and helps with cognitive function and mood regulation. Alcohol enhances GABA and inhibits glutamate, which slows your brain communications down. Your body and brain want to keep everything in balance, though, so the brain produces less GABA and more glutamate to try to compensate for alcohol's effects. As it does this, it increases your tolerance to alcohol, and you'll need to drink more to counteract the body's natural re-balancing and achieve the same effects as before.

When you stop drinking altogether, your brain still produces less GABA and glutamate. This means your body is stuck in an "excited" state without alcohol, causing withdrawal symptoms. To experience withdrawal symptoms, your body needs to get to that point of making less GABA and more glutamate, which is why withdrawal usually only happens after you've been drinking for a long time," the article continues.

Only a doctor can diagnose alcohol withdrawal, but there is no official test for the condition. Doctors will ask about drinking and medical history while ordering tests to rule out other underlying conditions. Evaluating the relationship with alcohol may lead to attending an alcohol detox. During detox, withdrawal symptoms will be monitored and managed by a medical team. After detox is complete, enrollment in an alcohol addiction treatment typically follows.

Hope for Tomorrow offers a full spectrum rehab program for alcohol use disorder. Their dedicated team is passionate about providing top-level care to the most complex of cases. Those with Medicaid can even receive rides to the facility within a 70-mile radius. They believe everyone has hope for a successful recovery.

To learn more about Hope for Tomorrow, call 877-679-8162 or visit their website.

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For more information about Hope For Tomorrow-Point Pleasant, contact the company here: Hope For Tomorrow-Point Pleasant Cristina Villalon (304) 902-8532 beckley@myhopefortomorrow.com 3471 Ohio River Rd Point Pleasant WV 25550

Hope For Tomorrow-Point Pleasant

Hope for Tomorrow's Beckley facility stands as a beacon of hope and healing in the heart of West Virginia, offering a comprehensive range of addiction treatment services designed to support those on their journey to recovery from drugs or alcohol.

Website: <https://myhopefortomorrow.com/locations/point-pleasant-wv-main-office/>

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