

Real Recovery Educates on Alcohol Withdrawals

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Tampa, FL ? Real Recovery Solutions is a local addiction treatment center that recently posted an article educating the public on the dangers of alcohol withdrawals. Real Recovery is one of the largest addiction recovery communities in the state and provides treatment options for people at all stages of recovery from alcohol use disorder (AUD) as well as substance use disorder, and co-occurring mental health conditions.

?A history of heavy drinking or regular binge drinking results in an increased risk of withdrawal symptoms. While not necessarily an indication of an alcohol use disorder, having these symptoms can be a sign of one. In 2021, a study reported that around 50% of people who have had a long-term history of heavy alcohol consumption will experience withdrawal symptoms.

"These symptoms occur when someone has stopped or decreased their alcohol consumption. It varies in what symptoms someone experiences and their severity. It is your body?s natural response to not taking the substance that it had been used to. While it is not necessarily dangerous to experience alcohol withdrawal, it is still recommended to attend alcohol detox in case complications occur. This is because complications associated with alcohol withdrawal can be life-threatening,? the article reads.

Many of the symptoms of alcohol withdrawal are fairly mild. They can include anxiety, irritability, upset

stomach, headaches, and tremors. High blood pressure and heart palpitations can also be a concern.

In some cases, symptoms can be much more severe and include seizures, hallucinations, and even hypothermia. Symptoms of alcohol withdrawal typically subside after about 72 hours.

?This timeline varies from person to person. Some people have it for a shorter period, while others will experience it for longer. However, on average, alcohol withdrawal will follow this timeline.

"6-12 hours after the last drink: People will begin to have mild symptoms. These often include headaches, insomnia, and mild symptoms of anxiety. Cravings also start during this time.

"12-24 hours after the last drink: As the hours pass, symptoms will increase in severity for many people. For some, this might look like worsening anxiety, upset stomach, etc. For others, it also includes hallucinations. Everyone has different levels of severity, and experiencing something more severe or mild does not invalidate your experience.

"24-72 hours after the last drink: During these hours, symptoms will peak in intensity. The risk of seizures is the highest in this timeframe. For most people, symptoms will begin to improve after 72 hours.

"Weeks after the last drink: Some people continue to experience lingering mood concerns, cravings, and insomnia for the weeks or months following the initial period. Eventually, with treatment and time, these symptoms will go away,? the article continues.

Someone experiencing symptoms of alcohol withdrawal should see a medical professional. A doctor can diagnose alcohol withdrawal by performing a physical exam, while also considering their client?s medical history.

For people experiencing alcohol withdrawal, an AUD treatment facility is usually the next step. A good program helps clients get through the detoxification process and provides medication-assisted treatment to mitigate the worst symptoms of withdrawal when appropriate.

The next stage of treatment should involve medication management and behavioral therapy, where clients work with a therapist to uncover the underlying issues contributing to their AUD and any co-occurring mental health conditions.

Real Recovery Solutions offers alcohol use disorder treatment in the Tampa, FL, area. They also provide

their clients with access to additional tools like food stamps, transitional housing, gym memberships, and education opportunities to ensure they?re ready for life in recovery. To learn more, contact them at 813-373-6762.

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Real Recovery Solutions - Tampa

Our mission is to provide quality addiction treatment and a safe, stable recovery environment with a strong community support system to help men successfully transition back into the real world and recover from addiction.

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