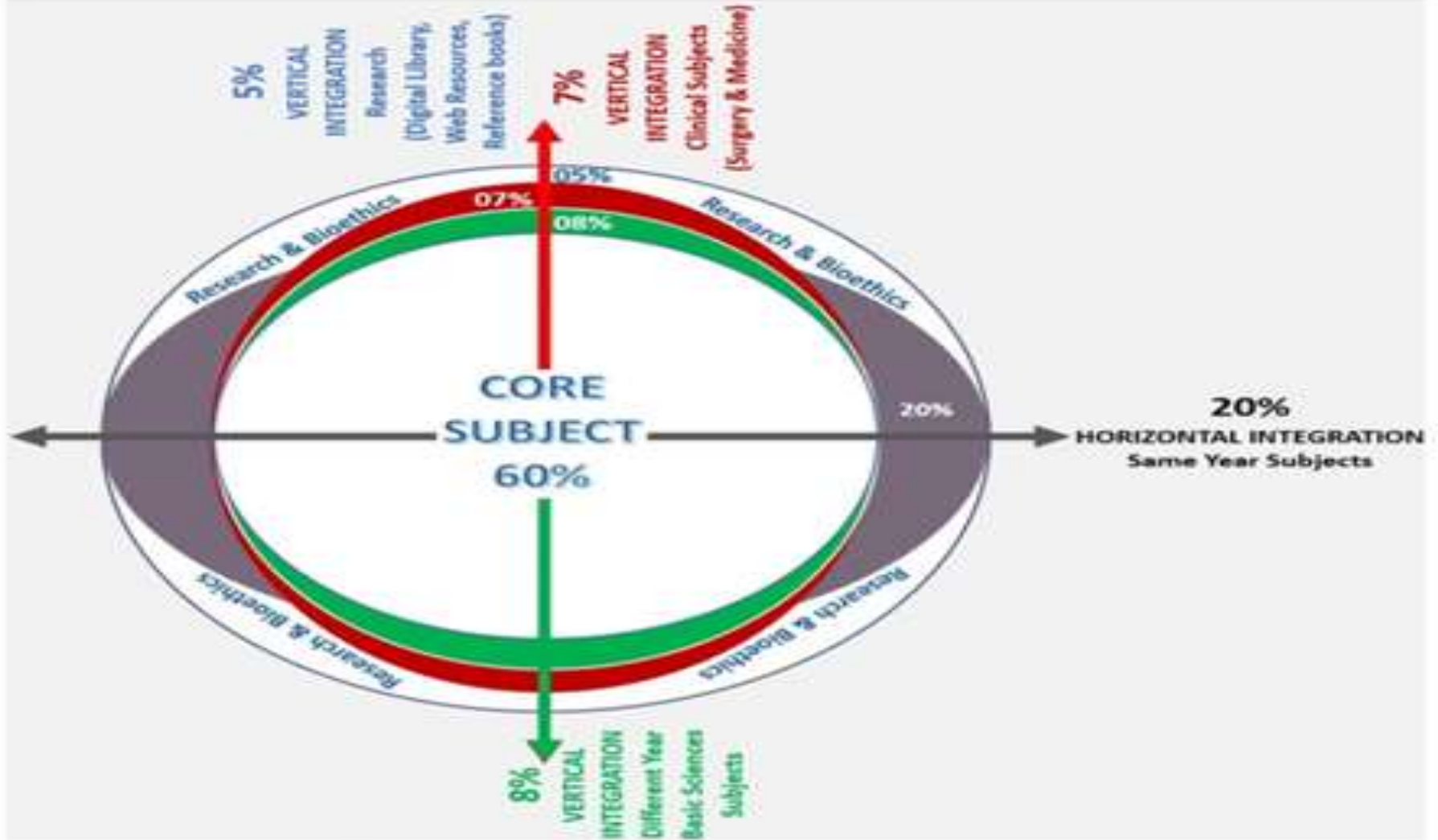


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PROF. UMAR MODEL



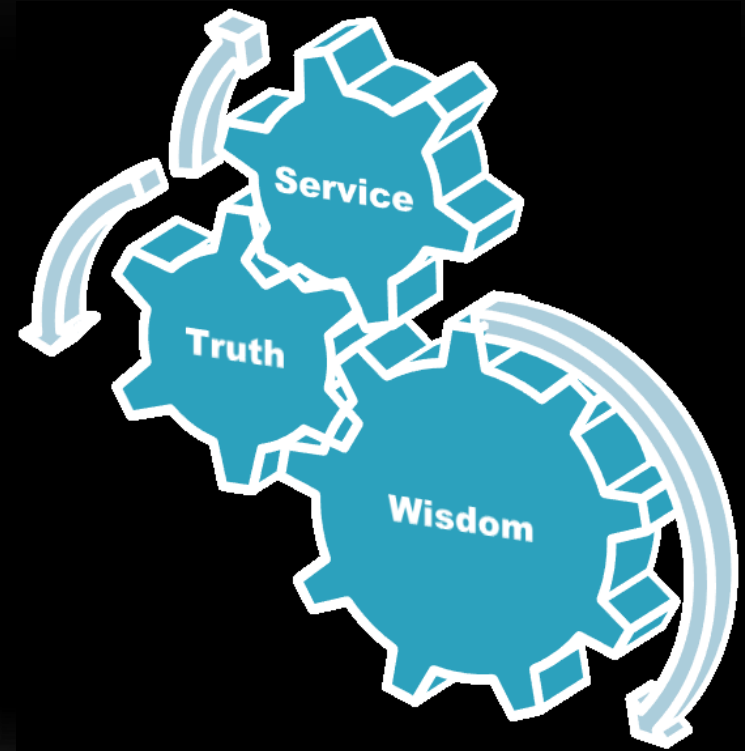
ALCOHOL ABUSE

CNS MODULE



VISION & MISSION OF RMU

- To impart evidence based research oriented medical education
- 2.To provide best possible patient care
- 3.To inculcate the values of mutual respect and ethical practice of medicine



LEARNING OBJECTIVES

At the end of lecture, students will be able to

- Define alcohol use by level of harms
- Classification of alcohol consumption
- Define alcohol abuse
- Define alcoholism or alcohol dependence
- Briefly describe cause of alcoholism
- Discuss prevention of alcohol abuse

SEQUENCE OF LECTURE

- Core Subject (10 slides)
- Ethics(1 slide)
- Research (1 slide)
- How to access digital library (1 slide)
- End of lecture assessment(2 slide)

ALCOHOL USE

- By pharmacological definition, alcohol is a drug and may be classified as sedative, tranquilizer, hypnotic or anaesthetic, depending upon the quantity consumed.
- Of all the drugs, alcohol is the drug whose self-induced intoxication is socially acceptable.



ALCOHOL ABUSE

- A maladaptive pattern of drinking alcohol that results in negative work, medical, legal, educational, and/or social effects on a person's life characterizes the disorder. The individual who abuses this substance tends to continue to use it despite such consequences.

ALCOHOLISM

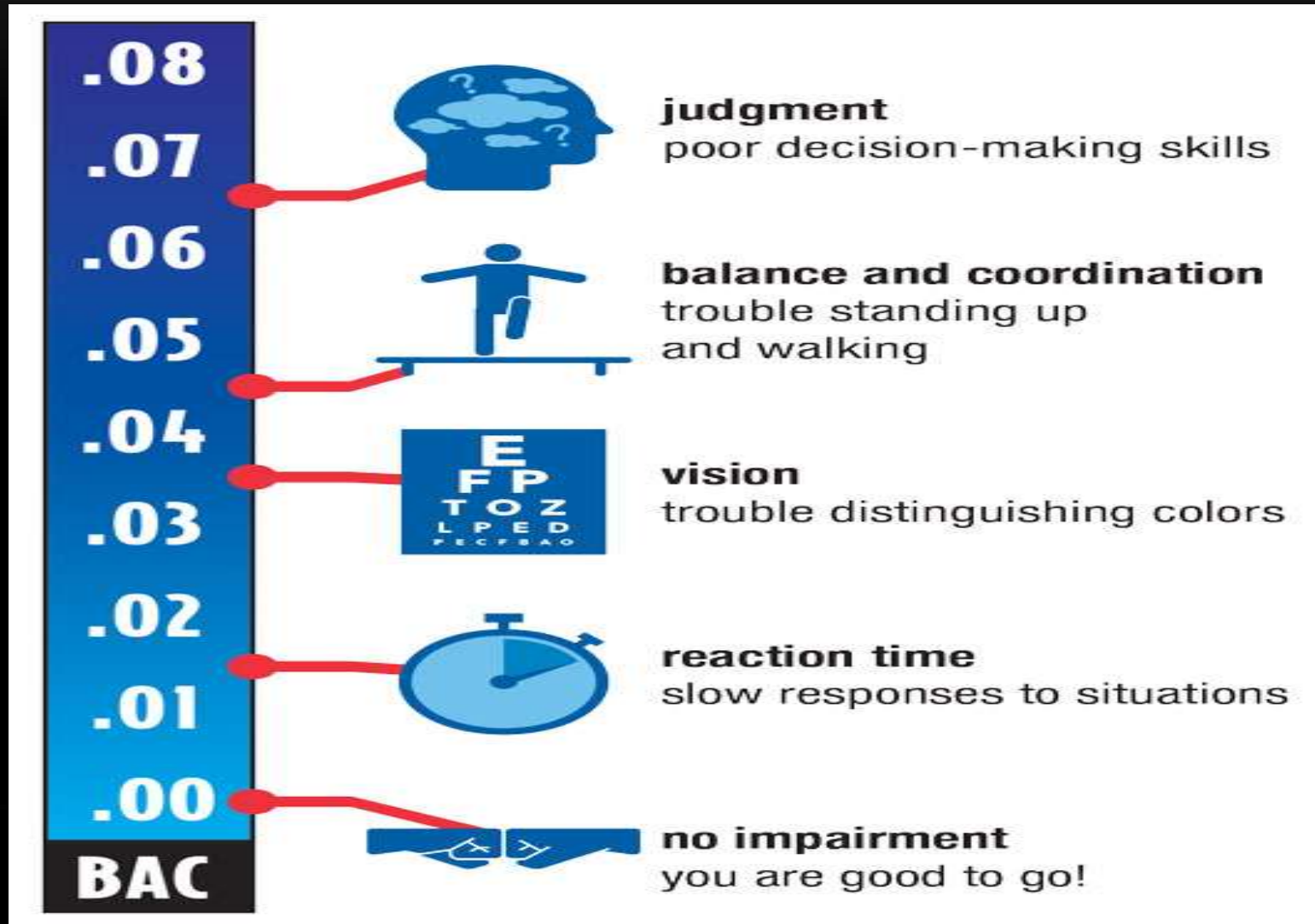
- According to new concepts, alcoholism is is considered a disease and alcohol a “disease agent” which causes
- Acute & chronic intoxication
- Cirrhosis of liver
- Toxic psychosis
- Gastritis
- Cardiomyopathy
- Peripheral neuropathy



FACTS & FIGURES

- 2.3 million people die from alcohol-related cause.
- 3.7% of all deaths, 6.1% among men & 1.1% of women occur due to alcohol.
- 64.9 million DALYs are lost due to alcohol related causes.
- 2 billion people consumes alcohol worldwide.
- 76.3 million with disorders arising out of harmful use of alcohol.

BLOOD ALCOHOL CONCENTRATION



ALCOHOL DEPENDENCE

Psychological dependence:

- There is a compulsion to take the drug & obtain it by all means. Alcohol produces psychic dependence of varying degrees from mild to strong.

Physical dependence:

- When the drug is withdrawn, the patient shows “withdrawal symptoms” such as irrational & violent behavior, nausea, diarrhea, watering of eyes & nose etc. In case of alcohol, it develops slowly.

Development of tolerance:

- There is a tendency to increase the dose.

CAUSE OF ALCOHOLISM

- Socioeconomic factors
- Cultural factors
- Drinking by elders serve as role model

ADVERSE EFFECTS OF ALCOHOL ABUSE

- Crime
- Murder
- Prostitution
- Neglect of families
- Unemployment
- Loss of friends & self-esteem
- Child delinquency
- Indebtedness
- Road accidents
- Diseases (e.g cirrhosis of liver, alcohol dependent syndrome, alcoholic psychosis)

WITHDRAWAL SYMPTOMS

COMMON ALCOHOL WITHDRAWAL SYMPTOMS

These withdrawal symptoms are tell-tale signs of a drinking problem:



Unable to think clearly



Depression and anxiety



Frequent mood swings



Sweating



Persistent headaches



Loss of appetite



Increased heart rate

PREVENTION OF ALCOHOL ABUSE

Legal Approach

- Impose partial or complete restriction
- May be directed at controlling manufacturing, distribution, price & consumption of substance.

Educational Approach

- Public information campaign on electronic media

Community Approach

- Initiating preventive interventions in the community brings preventive actions to the level of people's everyday life & contribute to primary health care.

Alternative activities

- Teen centres providing activities attractive to adolescents e.g sports, music

DIGITAL LIBRARY

Steps to Access HEC Digital Library

1. Go to the website of HEC National Digital Library.
2. On Home Page, click on the INSTITUTES.
3. A page will appear showing the universities from Public and Private Sector and other Institutes which have access to HEC National Digital Library HNDL.
4. Select your desired Institute.
5. A page will appear showing the resources of the institution
6. Journals and Researches will appear
7. You can find a Journal by clicking on JOURNALS AND DATABASE and enter a keyword to search for your desired journal.

RESEARCH

Alcohol and morality: one alcoholic drink is enough to make people declare to harm others and behave impurely

- The study showed intoxicated participants sacralized moral foundations of care and purity more often than participants from control and placebo groups. It means participants declared more willing to physically harm other people and animals and behave impurely, e.g., doing deviant sexual behaviors or selling their souls.
- Paruzel-Czachura, M., Pypno, K., & Sorokowski, P. (2023). Alcohol and morality: one alcoholic drink is enough to make people declare to harm others and behave impurely. *Psychopharmacology*, 240(10), 2163–2172. <https://doi.org/10.1007/s00213-023-06438-z>

END OF LECTURE ASSESSMENT

- **What is the difference between alcohol abuse and alcohol dependence?**
 - a) Alcohol abuse refers to physical addiction, while alcohol dependence does not
 - b) Alcohol dependence involves a physical need for alcohol, while alcohol abuse does not
 - c) Alcohol abuse leads to positive health outcomes, while alcohol dependence does not
 - d) There is no difference between alcohol abuse and alcohol dependence
 - e) Alcoholism doesn't cause addiction

END OF LECTURE ASSESSMENT

- **Which group is at a higher risk of becoming alcohol-dependent?**
 - a) People with a family history of alcoholism
 - b) People who drink only once a year
 - c) People who never drink alcohol
 - d) People who exercise regularly
 - e) People who don't exercise regularly



THANK YOU!