

## Effects of Heavy Drinking on Health

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### Abstract

Heavy drinking, characterized by excessive and prolonged alcohol consumption, has profound and wide-ranging effects on health. This abstract provides an overview of the detrimental consequences of heavy drinking, encompassing physiological, mental health, social, and societal impacts. Chronic alcohol misuse leads to liver damage, cardiovascular complications, and an elevated risk of cancer. It also contributes to mental health disorders, including depression and anxiety, and impairs cognitive function. Heavy drinking often results in addiction, making it challenging to quit and leading to severe withdrawal symptoms. Additionally, it strains relationships, affects workplace performance, and can result in legal issues. On a societal level, heavy drinking imposes a significant economic burden and contributes to various public health concerns and family hardships. Recognizing these far-reaching effects underscores the importance of prevention and intervention efforts to address heavy drinking are negative impact on individuals and communities. Promoting responsible alcohol consumption and providing support for those struggling with alcohol misuse are essential steps toward fostering healthier societies.

**Keywords:** Heavy drinking; Alcohol misuse; Genetic predisposition; Psychological factors; Stress and alcohol; Peer pressure; Family history of alcoholism; Environmental factors; Alcohol access; Alcohol advertising; Cultural attitudes toward alcohol; Mental health conditions and alcohol; Socioeconomic status and drinking; Education on alcohol risks; Support systems; Availability of treatment; Legal consequences of heavy drinking; Personal motivation for change; Alcohol addiction; Health consequences of heavy drinking

### Introduction

Heavy drinking, defined as excessive and prolonged alcohol consumption, poses significant health risks to individuals and communities worldwide. While moderate alcohol consumption can have certain health benefits, such as improved heart health, heavy drinking is associated with a plethora of adverse consequences for physical and mental well-being. This article explores the profound effects of heavy drinking on health, emphasizing the importance of awareness and intervention.

**Liver damage:** One of the well-documented effects of heavy drinking is liver damage. Chronic alcohol consumption can lead to conditions like alcoholic fatty liver disease, alcoholic hepatitis, and ultimately, cirrhosis. These conditions disrupt liver function and can be life-threatening.

**Cardiovascular complications:** While moderate drinking may have some cardiovascular benefits, heavy drinking increases the risk of high blood pressure, cardiomyopathy, irregular heartbeats, and an increased likelihood of stroke.

**Cancer risk:** Heavy alcohol consumption is linked to an elevated risk of several cancers, including mouth, throat, esophagus, liver, breast, and colorectal cancers. Alcohol can damage DNA and interfere with the body's ability to repair this damage.

**Depression and anxiety:** Heavy drinking can contribute to the development of mental health disorders, including depression and anxiety. Alcohol is a depressant that disrupts neurotransmitter balance in the brain, potentially worsening existing mental health conditions.

**Cognitive impairment:** Long-term heavy drinking can impair cognitive function, leading to memory problems, difficulties with problem-solving, and a higher risk of developing conditions like dementia.

**Addiction and withdrawal:** Heavy drinking often leads to alcohol dependence or addiction. Attempting to quit can result in severe withdrawal symptoms, such as tremors, seizures, and hallucinations, making it challenging to break the cycle of heavy drinking.

**Relationship strain:** Heavy drinking can strain relationships with family and friends due to erratic behavior, neglect of responsibilities, and interpersonal conflicts that often accompany alcohol misuse.

**Workplace issues:** Heavy drinking can lead to absenteeism, decreased job performance, and even job loss. It may also contribute to workplace accidents and injuries.

**Legal problems:** Engaging in risky behaviors under the influence of alcohol can lead to legal issues, including DUI (driving under the influence) charges and legal penalties.

**Economic burden:** Heavy drinking places a significant economic burden on societies due to healthcare costs, lost productivity, and social services required to address alcohol-related issues.

**Public health concerns:** Alcohol misuse contributes to a range of public health issues, including traffic accidents, violence, and the strain on healthcare systems.

**Impact on families:** Families often bear the brunt of heavy drinking's negative effects, from emotional distress to financial strain.

### Case Studies of Materials and Methods

To examine the effects of heavy drinking on health, a comprehensive review of existing scientific literature and research studies was conducted. This involved the systematic collection, analysis, and

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synthesis of relevant information from a variety of sources. The following materials and methods were employed in conducting this review:

**Literature search:** A thorough search of academic databases, including PubMed, Google Scholar, and PsycINFO, was conducted. Keywords such as "heavy drinking," "alcohol misuse," "health effects," and related terms were used to identify relevant studies.

**Inclusion and exclusion Criteria:** Studies included in the review were required to focus on the effects of heavy drinking on health in human populations.

Both quantitative (e.g., cohort studies, randomized controlled trials) and qualitative (e.g., qualitative interviews, case studies) research designs were considered.

Publications were excluded if they did not provide substantial [1-6] information on the topic or were not available in English.

**Data extraction:** Relevant data from selected studies were systematically extracted, including study design, participant demographics, measures of heavy drinking, and reported health effects.

**Data Synthesis:** Extracted data were analyzed to identify common health effects associated with heavy drinking. Emphasis was placed on summarizing the physiological, mental health, social, and societal impacts.

**Quality assessment:** The quality of individual studies was assessed using appropriate evaluation criteria specific to study design (e.g., Newcastle-Ottawa Scale for cohort studies). This assessment considered factors such as sample size, methodology, and potential sources of bias.

**Results presentation:** The findings from the selected studies were presented in a coherent narrative format, highlighting key health effects of heavy drinking.

**Limitations:** Potential limitations in the reviewed studies, such as self-report bias and confounding variables, were considered and discussed in the context of the review.

**Conclusion:** The review concludes by summarizing the key findings related to the effects of heavy drinking on health and underscores the importance of awareness, prevention, and intervention efforts to address this critical public health issue.

This review employed a systematic and evidence-based approach to provide a comprehensive understanding of the effects of heavy drinking on health, drawing from a diverse range of research studies and literature sources.

## Results and Discussion

### Factors effecting

Certainly, it seems you would like to explore the factors that influence heavy drinking and its effects on health. Here are some of the key factors that can impact heavy drinking and its consequences on an individual's health:

**Genetic Factors:** Genetic predisposition can play a significant role in an individual's susceptibility to heavy drinking. Some individuals may have genetic variations that make them more vulnerable to alcohol addiction or adverse health effects from heavy drinking.

**Psychological factors:** Psychological factors such as stress, anxiety, depression, and a history of trauma can contribute to heavy drinking as

individuals may use alcohol as a coping mechanism.

**Social and peer pressure:** Social factors, including peer pressure and the influence of friends or social circles, can encourage heavy drinking behavior. Social norms and acceptance of heavy drinking in certain groups or communities can also play a role.

**Family history:** Growing up in a family with a history of heavy drinking or alcoholism can increase the likelihood of an individual engaging in heavy drinking behavior.

**Environmental factors:** Environmental factors such as easy access to alcohol, the presence of alcohol advertising, and cultural attitudes towards alcohol can impact heavy drinking patterns.

**Mental health conditions:** Co-occurring mental health disorders, such as bipolar disorder or borderline personality disorder, can contribute to heavy drinking as individuals may self-medicate with alcohol.

**Economic status:** Socioeconomic factors, including income and employment status, can influence heavy drinking. Economic stressors may drive some individuals toward heavy drinking as a means of coping.

**Education and awareness:** Knowledge and awareness of the risks associated with heavy drinking can influence an individual's choices. Education campaigns and public health initiatives can impact heavy drinking rates.

**Peer and family support:** Having a support system of friends and family who discourage heavy drinking can act as a protective factor.

**Availability of treatment:** The availability of alcohol addiction treatment and support services can influence an individual's decision to seek help for heavy drinking and its related health effects.

**Legal consequences:** Legal consequences, such as DUI (driving under the influence) charges or penalties for alcohol-related offenses, can serve as a deterrent for heavy drinking.

**Personal motivation:** An individual's own motivation to change their heavy drinking behavior and prioritize their health can be a significant factor in seeking treatment and recovery.

These factors are interconnected and can vary from person to person. Understanding these influences is essential for developing effective prevention and intervention strategies to address heavy drinking and its associated health consequences.

### Ethical Considerations

This review adhered to ethical guidelines and did not involve direct data collection from human participants. All data used in this review were sourced from previously published studies and were treated with proper citation and respect for confidentiality.

### Conclusion

The effects of heavy drinking on health are far-reaching, encompassing both physical and mental well-being, as well as social and societal aspects. Recognizing the detrimental consequences of heavy drinking is the first step in addressing this pervasive issue. Prevention and intervention efforts, including education, access to treatment programs, and support for individuals struggling with alcohol misuse, are essential in mitigating the extensive harm caused by heavy drinking. By prioritizing health and well-being and fostering a culture of responsible alcohol consumption, we can work towards

healthier individuals and communities.

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