

NEURO-PSYCHIATRIC COMPLICATIONS OF ALCOHOL USE

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Abstract

The medical consequences of alcohol use are one of the most important public health problems. Alcohol has very important direct effects on different organs and tissues. In chronic alcohol users, important physiological and morphological changes occur, which is manifested by an abnormal response to alcohol, medicines, toxins and even to ordinary nutrients. Almost all tissues and organs are vulnerable to the effects of alcohol. Almost all medical consequences of alcohol use are reversible with abstinence. A serious effect of the state of intoxication is that it also promotes hypothermia and death through hypothermia.

Key words: alcohol consequences, hypothermia, public health problems.

INTRODUCTION

Alcohol is used at the same time as a psychoactive substance and food. Alcohol consumed in small quantities is enjoyed by those who appreciate the taste and aroma of the respective drink and those who drink at times. Between the transition from harmless consumption, made in moderate quantities to excessive alcohol consumption is a very small step. (Zilberman, 2005)

Alcoholism has innumerable effects both on the person concerned and on those around us, and we talk about effects that relate to the psychological sphere but also to physical effects. Alcohol abuse is the cause of most accidents, including car accidents, for example. One third of fatal accidents are related to alcohol consumption, not to mention the thousands of injuries that result each year. (Ewing, 1984)

Alcohol consumption, even in moderate amounts, greatly increases the risk of having unprotected sex, thus increasing the risk of illness. In some cases more complicated "effects" appear, from the sphere of unwanted pregnancy. (Fuchs, 1995)

Another unpleasant effect, dangerous for both the person and the others, is violence and aggression. Under the influence of alcohol

consumption you can misinterpret a remark or gesture, which can lead to aggressive behavior and violence. (Sobell, 1995)

MATERIAL AND METHOD

Alcohol slows the function of the central nervous system; alcohol blocks some of the messages that should reach the brain thus altering the person's perceptions, emotions, movement, sight and hearing. (Begleiter, 1972) (Mekeres, 2017)

In moderate amounts, alcohol can help the person to be more relaxed and less anxious. In larger quantities alcohol causes major changes in the brain thus resulting in intoxication. People who have abused alcohol will lose their concentration, the ability to express themselves coherently or to maintain their balance; they want to be disoriented and confused. (Eckardt, 1998).

Depending on the person, intoxication can make the consumer extremely friendly and talkative or very aggressive and nervous. Reaction speed is dramatically decreased, which is why driving cars after drinking alcohol is prohibited. (Khan, 2007)

When very large amounts of alcohol are consumed within a short period of time, alcohol intoxication may result. Alcohol intoxication is exactly what its name says: the body becomes intoxicated with too much alcohol. (Mukherjee, 2013)

Violent vomiting is one of the first signs of alcohol intoxication; extreme sleepiness, unconsciousness, shortness of breath, extremely low blood sugar, palpitations and even death are the results of alcohol intoxication. (Höjer, 1996).

In the state of intoxication a number of changes occur. The psychic disposition goes from good mood to depression, upset and aggression; the initiative will go from stimulation to inhibition; social behavior is affected and will go from facilitating contacts to aggression.

RESULTS AND DISCUSSION

Neurological complications of alcohol use are represented by alcoholic dementia, stroke, symptomatic epileptic seizures, cerebral disorders, etc.

Alcoholic dementia is improperly named as such by some authors because it is due, in addition to the direct toxic effect of alcohol, to multiple nutritional and vitamin deficiencies induced by chronic alcoholism, as well as to repeated cranio-cerebral traumas. It appears in chronic alcoholics (former heavy drinkers) after many years of social degradation and marginalization. (Cheng, 2017).

The most common strokes in alcoholics are hemorrhagic, embolic and thrombotic in nature and are due to the presence of hypertension, dyslipidemia, atherosclerotic disease and / or coagulopathies. The presumption of a coagulopathy may also be responsible for the increased incidence of subdural hematomas in those suffering from cranio-cerebral trauma. (Mekeres, 2017)

Alcohol seizures are usually widespread, appear without aura, shortly (6 - 8 hours) after discontinuation and may increase withdrawal. The chronic use of alcohol and its repeated interruptions lead to the lowering of the threshold of the onset of the commissions. The risk of committing seizures is proportional to the amount of alcohol administered. Alcohol intoxication leads to coordination disorders and modifies motor skills - balance disorders.

The cause of alcoholic neuropathy is still debated. It is assumed to include both direct action on nerve fiber and indirect action through poor nutrition. In severe cases the nerves that regulate the internal functions of the body may be affected. Symptomatology may include: numbness, pain in the limbs, muscle weakness, muscle cramps, heat intolerance, especially after exercise, impotence in men, urinary incontinence, difficulty in urination, constipation, diarrhea, nausea, vomiting, etc.

Alcoholic amblyopia can occur in people with chronic alcohol use. Symptomatology includes vision disorders, including scotches and decreased visual acuity starting with the central portion of the visual field. The disorder is caused by the toxic effect of alcohol on the optic nerve, leading to optic neuropathy. Because alcohol generates depletion of the entire body of nutrients, alcohol amblyopia is linked to thiamine deficiency, which results in damage to the optic nerve. Alcoholic amblyopia is reversible if treated with a proper diet and multivitamins, especially thiamine (vitamin B1). Untreated results in irreversible damage to the optic nerve and loss of vision. (Behbehani, 2005)

CONCLUSIONS

In chronic alcohol users, important physiological and morphological changes occur, which is manifested by an abnormal response to alcohol, medicines, toxins and even to ordinary nutrients.

Almost all tissues and organs are vulnerable to the effects of alcohol.

Alcohol addiction over time causes altered feelings and relationships with family members, disturbing interpersonal relationships at work and in the circle of friends, reducing feelings of responsibility, neglecting children's education, delaying and absent from work, accidents at work and traffic, delinquency, divorce, loss of home and work.

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