

# Symptoms of Alcoholism

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Recognizing what the signs and symptoms of alcoholism are is the first step in order for you to treat this chronically fatal disease. Like other diseases, you need to know and recognize the problem so that you will know where to start towards seeking treatment. Seeing the signs and symptoms of alcoholism, which is an uncontrollable craving for alcohol that it takes control of their lives, is a serious disease that could help.

When a person becomes an alcoholic, it affects all aspects of his or her life- health, social status as well as family life. It is a disease where the victim becomes totally dependent and creates damage not only on his physical aspect but his overall being. Anybody can be an alcoholic. Nobody plans to be one but you can originate from any country, age group, profession, and practically from all walks of life. No alcoholic would ever admit being one. In fact, alcoholism is associated with denial. You are more apt to make believe that you can control the situation but what you need to know is that alcoholism can be cured especially if it's in its early stages.

How do you know that you are already in the clutches of alcoholism? Here are some signs and symptoms to watch out for: You are an alcoholic if you find yourself frequently making excuses to drink, can not control your drinking or if you have difficulty in stopping, your consumption of alcohol is already excessive, you keep on denying your drinking problems, you can tolerate a large amount of alcohol before showing any signs of drinking, you feel annoyed when somebody criticizes your drinking, when you begin to hide alcohol in unlikely places, you have to drink first thing in the morning to prevent a hangover, or show unpleasant behavior while you are drinking.

Some more signs of alcoholism include daring to drive when you are under the influence of liquor, when you drink even when you are alone, go through unexplained mood swings, you start to neglect your work, when you lose interest in social activities and drinking becomes the focus of your existence. Being an alcoholic may also bring bouts of experiencing paranoia and unnatural fears, neglect of physical orderliness and neatness, a contemplation to commit suicide, suffer impaired memory and difficulty in thinking clearly, experience depression, and confusion and difficulty with thinking clearly.

Alcohol affects all parts of your body. Being an alcoholic will also affect your sleeping patterns and create eating disorders, anxiety, suffer abdominal pains, nausea and vomiting, as well as weakness or numbness in the arms and legs, and even suffer redness and enlarged capillaries in the face. This means that even if you insist that you are not an alcoholic, the signs and symptoms of alcoholism are glaringly obvious. Although the signs and symptoms of alcoholism vary from person to person, a physical examination should be necessary to see that your system is fine and alcohol has not evaded or totally destroyed your body yet.