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THE VITAL SIDE EFFECTS OF LEAVING ALCOHOL

When you have been drinking alcohol heavily for a long time, and when you stop, you are getting too close to alcohol withdrawal symptoms. It is starting with affecting physical and mental health. Because while you are taking this, it mainly affects your brain and other functions.

Sometimes a person feels some physical or mental health if getting worsen with time So that they are trying to control these heavy use of any drug addictions.

Symptoms of alcohol withdrawal

When a person suddenly stops any addictive drugs, it rebounds with worsen effects. Addictive drug withdrawal majorly affects your mental health.

Symptoms can appear in 6 to 8 hours after you stop taking those drugs. It can heavily bounce with other worse effects.

Generally, Physical symptoms can seem as:

- » High/low blood pressure
- » Tremor in hands
- » physical stress
- » Seizures
- » Nerve pain
- » body aches
- » sweating
- » Fever
- » headache
- » vomiting

These are the symptoms that can appear while a person stops using alcohol.

Reducing or stopping any drug affect Mental health most, and symptoms like these may appear:

- » Anxiety
- » Insomnia
- » Irritability
- » Confusion
- » Nightmares
- » hallucinations, the feeling of itching, burning that is not having in real.
- » Visual hallucination, People see something that is not available actually.

Diagnosis

This disorder can be diagnosed with a history of the person. Some physical examinations and tests can massively diagnose

these symptoms. Your doctor may question you about other medicines' usage.

A doctor questions you about your routine, work, and symptoms that you feel.

Risk Factors

When anyone starts taking any drug or alcohol, they start taking a risk on themselves. Every drug comes with some side effects. We can see in the above paragraphs how it causes people when they stop taking these drugs.

Addiction to any drugs is always risky. A person may lose their lives too. Alcohol withdrawal symptoms majorly seem in teens and adults who are taking these excessively.

When a person is highly addicted to any drugs, a person may almost have to suffer from many crises. They have to suffer from financial issues, physical health, and mental health.

How can alcohol withdrawal affect physical health?

It comes with many physical problems when someone stops any drugs. In the above paragraph, we see different side effects. These various drugs affect your central nervous system. Sometimes may your situation can be too much worse.

When Nerves are damaged, it causes you limitless pain, and Gabapentin is one of the safest medicines to improve nerve pain. Nerve pain can arrive in our body at different parts back, hands, legs, or anywhere. **Gabapentin 300 mg** helps in seizures with epilepsy and reduces nerve pain.

How can we treat these symptoms?

Various options can treat these symptoms, but patients must have to aware and follow strict guidelines. Many medications and methods are available that helps a patient to improve their health. Once patients' situations are serious, they need proper treatment before the situation gets out of hand.

Home care

When patient's health conditions are mild, they can try to treat their health at home. Spending time with family, friends, or colleagues can help you to get out of this stress. A joyful atmosphere affects your mental health massively.

They must have to consult their doctor regularly and check their physical reports. With some basic steps, patients' health can treat.

Hospitalization

When patients' health is too worse, it means patients are mainly affected by mental health. Mental health plays a massive role here because here, the behavior of patients is going at an extreme level. Suicidal thoughts, anxiety, and depression are the main reason behind this.

The doctor may prescribe some medication like antidepressants or based on the situation of the patient. Nerve pain also triggers most patients because these drugs affect nerves too and, that's why sometimes **Gabapentin 300mg** is prescribed to the patients.

Medications

To improve the symptoms of this disorder, almost all patients need some medications. With the help of few medicines like antidepressants, ant anxiety tablets can help a patient's health.

When patients start any medicine, they must have to follow the strict guidelines of their doctor. If you are not taking your medication, your health conditions may be getting worse than before. If patients are suffering from nerve pain, they can try to take medicine like **Gabapentin 300**.

Yoga

Sometimes patients' situations can be reduced by some techniques of yoga. Many different yoga techniques can help you to

reduce anxiety and depression.

The bottom line

Many patients recover from alcohol withdrawal syndrome. The outlook is usually good if you stop drinking, receive treatment, and otherwise are healthy. Sleep disturbances, irritability, and tiredness may persist for months.

It could be fatal if alcohol withdrawal syndrome has developed into delirium tremens. It is fateful to seek medical attention immediately when you start to experience severe symptoms of alcohol withdrawal syndrome. The sooner you start treatment, the more likely you are to avoid life-threatening complications.