

How Does Alcohol Impact the Body?

by Evolve Indy | May 31, 2022 | Blog | 0 comments



Alcohol impacts the body in several noticeable and unnoticeable ways for an alcoholic. While many symptoms may be physical, there are many mental side effects of alcoholism that affect an individual's ability to function in relationships, at home, and in the workplace.

Contact Evolve Indy today if you believe you are ready for a change. At Evolve Indy, our alcohol addiction treatment program is designed to support individuals through treatment while they maintain their home lives.

Contact Evolve Indy and speak with an addiction treatment counselor if you feel the treatment is for you.

Why is Alcohol Addictive?

Alcohol is addictive because of how it impacts the brain and body. Alcohol works as a depressant and slows down reaction time cognitive responses, and can impair motor skills. As alcohol depresses the system, it can create a more relaxed feeling. Individuals may feel less burdened by social situations and even feel more capable of interacting with others. In combination with the impact that alcohol has on the brain and excessive use, these feelings cause alcohol to be addictive.

How Does Alcohol Impact the Body?

Alcohol impacts the body in many ways. It can affect it physically, and it can also impact an individual's mental capacity.

Physically the toll alcohol takes on an individual's body can be extreme. "Alcohol misuse is a risk factor for a number of adverse health outcomes, including:

- Unintentional injuries (e.g., motor vehicle accidents, falls)
- Violence (e.g., homicide, suicide)
- Liver disease
- Diseases of the central nervous system (e.g., stroke, dementia)
- Heart disease includes coronary artery disease, atrial fibrillation (i.e., abnormal heart rhythm), high blood pressure, and congestive heart failure.
- Various cancers (e.g., breast, colorectal, and liver)
- Risky sexual behaviors and adverse pregnancy outcomes."

Alcohol also impacts an individual's ability to make decisions, and respond clearly, and increases the likelihood of an individual participating in risky behavior. Alcohol depresses the system extending reaction times and clouding thinking and judgment. This can cause great harm for an individual who is influenced by alcohol and those around them.

What are the Long-Term Effects of Alcohol?

The long-term effects of alcohol use can permanently damage both the body and the brain.

"Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems, including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum.
- Weakening of the immune system increases the chances of getting sick.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including family problems, job-related problems, and unemployment."

Additionally, individuals who abuse alcohol can impact their brain's ability to remember, comprehend, and act with compassion. Alcohol can fundamentally change how the brain processes information and how it reacts to triggering situations. Alcohol use at a young age that continues through adulthood can impact an individual's overall cognitive ability level and processing speed.

How to Find Alcohol Detox Programs

Alcohol detox programs are readily available across the country. Individuals who are ready to start a recovery journey can access addiction treatment through their insurance or local rehab centers while maintaining their work or home requirements.

Alcohol detox can be completed in a facility or under the medical care of a physician through an outpatient program.

Outpatient detox, like that at Evolve Indy, requires clients to make frequent checks with a medical professional during the detox process. This ensures that the individual maintains their sobriety and safely detoxes at home. In addition, clients will often have to submit to frequent alcohol and drug testing to ensure their progress during this process.

At Evolve Indy, we offer clients The opportunity to get sober while working on themselves. In addition, our facility provides intensive outpatient and outpatient treatment for individuals addicted to drugs or alcohol. The outpatient programs at Evolve Indy focus on a combination of individualized treatment and group therapy sessions designed to support individuals coping and self-management skills revolving around choices and stressors.

If you believe that Evolve Indy could help you, contact our treatment coordinators to speak with a medical professional.

Submit a Comment

You must be [logged in](#) to post a comment.

 Search

Recent Posts

- [Prioritizing Self-Care While Fulfilling Family and Work Demands in Addiction Rehab](#)
- [Maintaining Accountability and Responsibility in Addiction Recovery](#)
- [How to Conquer Challenges Unique to Women's Treatment for Substance Abuse Disorders](#)
- [Providing Guidance for Family Members in Drug Rehab's Codependency Context](#)
- [Rediscovering Oneself in Alcohol and Drug Rehabilitation](#)
- [Emotional Resurgence: Navigating Feelings in the Rehabilitation Journey](#)
- [How Professionals Can Effectively Navigate Addiction Treatment](#)
- [Battling Demons: Confronting Mental Health in Alcohol and Drug Rehabilitation](#)
- [Finding Hope and Healing With an Adventure Program for Addiction Treatment](#)
- [8 Steps to Long Term Sobriety and A Life Beyond Rehab for Opiates](#)



Call us at: 1-855-495-1063

Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

Site Map

- [Home](#)
- [About](#)
- [Treatment](#)
- [Tour Facility](#)
- [Admissions](#)
- [Privacy Policy](#)



Get In Touch

Open 24 Hours a Day, 7 Days a Week

8770 Guion Rd SuiteB, Indianapolis, IN 46268



Our Facilities

- [Clinical Campus](#)
- [Men's Housing](#)
- [Women's Housing](#)

About Us

- [Media & More](#)
- [Careers](#)
- [Blogs](#)

What We Treat

- [Alcohol](#)
- [Opioids](#)
- [Cocaine](#)
- [Heroin](#)

Who We Help

- [Men](#)
- [Women](#)
- [LGBTQ](#)
- [Professionals](#)
- [First Responders](#)
- [College Students](#)

Areas We Serve

- [Bloomington, IN](#)
- [Jefferson, IN](#)
- [Noblesville, IN](#)
- [Terre Haute, IN](#)
- [Layette, IN](#)
- [Kokomo, IN](#)
- [Evansville, IN](#)
- [Cincinnati, OH](#)
- [Louisville, KY](#)