

## **CHAPTER 7**

### **ALCOHOL**

#### **OVERVIEW**

This chapter begins by describing alcohol production. Alcohol metabolism, benefits of alcohol use, and health problems associated with alcohol abuse are discussed. One particular problem of alcohol use, cirrhosis, is discussed in detail. Advice regarding alcohol use is given. The Looking Further section focuses on binge drinking, its contraindications, and risks associated with college binge drinking. Binge drinking statistics are provided, as well as, signs and symptoms of alcohol poisoning. The many factors that determine a person's chances of developing alcohol dependence and abuse are examined and diagnosis criteria are provided. The treatment of alcoholism including steps toward treatment is presented.