

# The consequences of alcohol use and alcoholism

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## COMMENTARY

Alcohol consumption, especially alcohol abuse is an important factor in the risk of many health problems and therefore, contributes significantly to the burden of disease worldwide. Alcohol is a necessary component of more than 30 cases of disease and has many other side effects. The most common categories of diseases caused in whole or in part by alcohol consumption include infectious diseases, cancer, diabetes and neuropsychiatric disorders including alcohol abuse, heart disease, liver and pancreas, unintentional and unintentional injuries. Awareness of these risks has helped to develop guidelines for low-risk drinking. In addition to these risks of alcohol-related illnesses, alcohol consumption can also affect the health of others and cause harm to the drinker's community and others, in addition to the total costs associated with alcohol consumption. These findings underscore the need for concerted efforts to reduce pain and suffering, as well as the associated costs, resulting from alcohol abuse. Alcohol consumption has been identified as an important risk factor for illness, disability, and death. In fact, in the last comparative study conducted by the World Health Organization (WHO), the negative impact of alcohol consumption on the global burden of disease and injury was overshadowed by not only childhood obesity but also exceeding that of major risk factors such as unsafe water and sanitation, severe depression, high cholesterol and tobacco use. This risk assessment examined the overall effect of all alcohol consumption on the beneficial effects of alcohol use, especially the moderate potential use in chemistry and diabetes. Although these statistics show the effects of all

alcohol consumption, it is clear that most of the burden associated with alcohol use is derived from regular and heavy drinking such as drinking more than 40 grams of pure alcohol per day for men and 20 grams of pure alcohol per day for women. In addition to the moderate amount of alcohol consumption, moderate drinking habits, or binge drinking is defined as drinking at least 60 grams of pure alcohol or five common drinks at the same time contributing to the burden of disease and injury. Alcohol-induced liver disease and alcohol-induced pancreatitis are some of the world's most important alcohol-related illnesses. However, there is no global data on the prevalence of these existing diseases because they cannot be formally tested at the global level. Therefore, these conditions are very specific that can be assessed using oral corpses and other commonly used methods in the global burden of studies of pancreatitis that can be indirectly measured. One of the ways alcohol can increase the risk of these diseases is through the immune system, which is adversely affected by alcohol consumption, especially heavy drinking. As a result, although the risk of infectious diseases may not be significantly different for people who drink less than 40 grams of pure alcohol per day compared to non-smokers, the risk is significantly higher for those who drink heavily or are diagnosed with Alcohol Use Disorder (AUD). In addition, alcohol consumption is associated with poor outcomes from infectious diseases in those who drink excessively socially. Therefore, alcohol-dependent people are often discriminated against and have a higher risk of unemployment and poverty. As a result, they often live in overcrowded areas with a high probability of infection and a low chance of recovery.

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