

The Benefits of Alcohol Treatment

Description

According to the National Institute on Alcohol Abuse and Alcoholism, nearly 17 million adults in the United States suffer from alcohol use disorder. This number represents 7% of all adults in the country. Alcohol use disorder is a chronic and relapsing brain disease characterized by a compulsion to drink alcohol despite negative consequences. If left untreated, alcohol use disorder can lead to serious health problems, including liver disease, heart disease, cancer, and stroke.

Fortunately, there are many effective treatments available for alcohol use disorder. These treatments can help patients abstain from drinking, manage their cravings, and cope with withdrawal symptoms. In some cases, hospitalization may be necessary to protect the patient from serious health complications.

Types of Alcohol Treatment

There are a variety of treatment options available for alcohol use disorder, including inpatient and outpatient care, 12-step programs, and medications. The best treatment plan for a patient will depend on the severity of their disorder and any underlying medical conditions.

Inpatient Care

Inpatient care is often necessary for patients with severe alcohol use disorder. Inpatient treatment usually lasts 30 days but can be extended if necessary. During inpatient treatment, patients live at the facility and receive around-the-clock care from medical professionals. This type of care is intensive and allows patients to focus on their recovery without distractions or triggers from their everyday lives.

Outpatient Care

Outpatient care is a good option for patients with less severe alcohol use disorder. Outpatient care usually involves meeting with a therapist or counselor weekly to discuss progress and goals. Patients may also attend group therapy sessions and participate in other activities designed to support sobriety. While outpatient care requires more self-discipline than inpatient care, it is often more affordable and less disruptive to patients' lives. These treatments are usually more affordable and allow individuals to continue their daily routines, such as working or attending school, while still providing the necessary support and resources. An [outpatient recovery program](#) also aims to help individuals develop the tools and techniques needed to identify and manage relapse triggers, healthy coping skills, create healthy relationships with other people and family members, and build a strong foundation of recovery through lifestyle and diet changes.

12-Step Programs

12-step programs like Alcoholics Anonymous are one type of treatment available for alcohol use disorder. These programs follow a set of guidelines that aim to help patients abstain from drinking and live sober lives. Participation in a 12-step program often requires attending meetings regularly, finding a sponsor, and working through the 12 steps with the help of other program members.

Medications

There are several types of medications that can be used to treat alcohol use disorder. Disulfiram is a medication that causes unpleasant side effects when alcohol is consumed, making it less likely that patients will drink while taking it. Naltrexone helps reduce cravings for alcohol by blocking the body's reward response when alcohol is consumed. Acamprosate helps relieve symptoms of withdrawal and reduces the risk of relapse. Antabuse is another medication that causes unpleasant side effects when alcohol is consumed but must be taken under close medical supervision due to the risk of potentially life-threatening reactions.

If you or someone you know suffers from alcohol use disorder, there is hope. There are many different treatment options available that can help patients recover from this disease and live sober lives. [Alcohol treatment](#) should be tailored to the individual's needs to maximize its effectiveness. If you think you or someone you know may benefit from alcohol treatment, talk to your doctor or another medical professional about your options today.

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