

Title:

Alcohol Detoxification

Word Count:

457

Summary:

If you love someone who is an alcoholic, or you are struggling with your own alcohol problem,

Alcohol detoxification is simply eliminating alcohol from the body and providing medical assistance.

Keywords:

alcohol detox, alcohol detoxification, detox, detoxification

Article Body:

If you love someone who is an alcoholic, or you are struggling with your own alcohol problem,

Alcohol detoxification is simply eliminating alcohol from the body and providing medical assistance.

The treatment will usually last about a week. The dosage is highest on the first day, with decreasing doses thereafter.

Without treatment, an alcoholic who suddenly discontinues the use of alcohol can experience mild to severe withdrawal symptoms.

With the use of drugs like Chlordiazepoxide, withdrawal is less dangerous and more comfortable.

Detoxification only addresses the physical issues of alcoholism, though, and many professionals also recommend counseling.

In addition to counseling and support, there are several drugs that may be prescribed to help with withdrawal symptoms.

There is no shame in asking for assistance with an alcohol problem. Most family doctors and community health centers can help.

Using the help available can be the difference between recovery and relapse, so ask your health care provider for help.

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