The Symptoms and Signs Of Alcohol Withdrawal

By The Professionals At Robert Alexander Center

When it comes to our nearest and dearest, we all like to think that we would realize right away if they were struggling with any form of addiction, but the hidden nature of this problem means that this sadly isn't always the case. Regardless of how well you know someone, it is still difficult to tell what are the signs of alcohol withdrawal. Individuals experiencing addictions become very good at hiding what's happening. This can make it increasingly difficult to ensure they get the treatment they need, leaving problems to escalate until even hiding tactics aren't enough to mask the problem.

This is because, when they continue for extended periods, addictive behaviors like alcoholism can increasingly lead to erratic behavior and, as we'll discuss here, withdrawal symptoms. Heavy drinking sessions can especially be accompanied by notable withdrawal that both signifies a problem and, if the individual in question doesn't pursue detoxification, could even result in serious health complications. To make sure that doesn't happen, it's important to notice the symptoms in time enough to help. But, how do you know if someone is going through withdrawal, and what can you do about it?

What Is Alcohol Withdrawal?

Alcohol withdrawal results from an escalating dependency on alcohol and is most notable in the aftermath of a heavy drinking session. Typically caused by alcohol's ongoing effects on the brain, withdrawal is really a kind of adjustment period where the body learns to function without the alcohol it's come to rely on. This can lead to a range of uncomfortable physical and mental symptoms in even mild cases, but severe withdrawal can also lead to the development of sometimes life-threatening complications like alcohol withdrawal syndrome.

What Are The Signs Of Alcohol Withdrawal?

Spotting the signs of alcohol withdrawal early on is the best chance you have at helping that individual towards the treatment they need. The most common signs and symptoms could include –

- Shakiness
- Agitation
- Anxiety
- Headaches
- Increased sweating
- Loss of appetite
- Nausea
- Disorientation
- Insomnia
- And more

The longer an individual goes without alcohol, the worse these symptoms will become until, in extreme cases, they may also experience seizures, tremors, and visual hallucinations. In these instances, it's best to seek the help of a trained professional to ensure the individual in question isn't at risk of developing alcohol withdrawal syndrome.

Finding a Rehab Program Once You've Spotted the Signs

Whether severe or mild, notable symptoms of alcohol withdrawal always signify a problem, and once you've spotted them, it's fundamental that you offer the support that person needs to get help. Being open about your concerns is the best step towards doing this. It's also invaluable to simplify the quest for treatment as much as you can by helping them to understand their options. Finding the best choices for intensive outpatient treatment can be especially useful in this sense, as the ability to remain as an outpatient is appealing for many reasons. Outside of this treatment quest, however, it's also vital to offer ongoing support, and keep conversations open so that you know what's happening, why, and whether that person is ready to get help or not.

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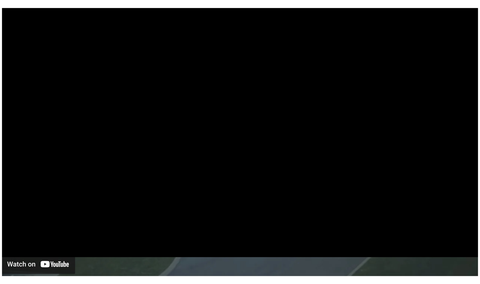
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