

**DISEASES CAUSED BY ALCOHOLISM: CAUSES, MEDICAL CONSEQUENCES,  
AND CARE PROCESSES**

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**Annotation**

This article discusses the dangers of alcohol consumption, the diseases that result from it, proper care approaches, and aims to provide the public with a comprehensive understanding of this harmful habit. It also highlights its social risks and pathological conditions.

**Keywords**

Alcoholism, prevention, research, ethanol, addiction, central nervous system.

**Introduction**

Alcoholism is a disease characterized by chronic and uncontrolled consumption of alcoholic beverages, leading to psychological and physical dependence.

According to the World Health Organization, diseases related to alcohol consumption rank among the leading causes of death worldwide.

**Purpose and Objectives**

**Purpose**

The purpose of this study is to examine and analyze the causes (etiology), mechanisms of development (pathogenesis), clinical manifestations, and negative effects of alcoholism on the human body based on scientific sources. Furthermore, it aims to increase public medical awareness and promote a healthy lifestyle by highlighting methods of prevention, early diagnosis, and effective treatment of alcoholism.

**Objectives**

- To clarify the scientific concept of alcoholism;
- To analyze its causative factors;
- To describe its stages and symptoms;
- To demonstrate its effects on internal organs and overall consequences.

**Research Methods**

In this research, local and foreign scientific literature on alcoholism was analyzed. Sources related to the healthcare system of the Republic of Uzbekistan, as well as Uzbek-language textbooks and manuals on narcology, were used.

The following methods were applied in the study:

- Analysis and generalization of scientific literature;
- Comparative analysis;
- Study of clinical symptoms of alcoholism;
- Systematization of prevention and treatment principles.

In particular, the impact of alcoholism on human health, including its harmful effects on the nervous system and internal organs, was analyzed based on information presented in Uzbek medical literature. The research concludes that alcoholism is a chronic and progressive disease, and that early diagnosis and comprehensive treatment are of great importance.

### **Main Part**

In the 21st century—the era of modern technology—alcoholism remains one of the most pressing issues. It is a serious medical and social problem that negatively affects not only the individual but also the growing younger generation.

The development of alcoholism is a multifactorial process influenced by:

- Biological factors;
- Psychological factors;
- Social factors.

### **Biological Factors**

Genetic predisposition plays an important role. Some studies indicate that individuals with a family history of alcohol dependence have a higher risk of developing addiction. Hereditary transmission increases susceptibility; therefore, genetic factors are considered significant biological contributors.

### **Psychological Factors**

One of the main psychological factors is mental health. Strong external stressors and traumatic experiences can negatively affect the subconscious mind. Many individuals begin consuming alcohol to temporarily escape their problems, as it provides a short-lived sense of relief and calmness. Over time, this may lead to chronic dependence.

Other psychological causes include:

- Stress;
- Depression;
- Traumatic experiences;
- Impaired social adaptation.

The concept of alcohol as a “psychological refuge” contributes to the development of chronic addiction.

### **Social Factors**

- Unhealthy family environment;
- Negative social surroundings;
- Weak willpower.

Exposure to adverse social conditions increases the likelihood of alcohol dependence.

### **Pathophysiology and Consequences**

Ethanol has a depressant effect on the central nervous system. In the initial stage, individuals gradually increase their alcohol intake, leading to increased tolerance and dependence. Over time, the intervals between alcohol consumption shorten, and the body's demand intensifies, eventually resulting in a chronic condition.

Chronic alcohol consumption can lead to numerous diseases, including:

- Cardiovascular diseases;
- Vascular disorders;
- Lung diseases;
- Gastric diseases;
- Liver diseases;
- Digestive system disorders.

Common symptoms include shortness of breath, insomnia, irritability, and irregular heartbeat.

### **Prevention and Care**

To prevent and reduce such conditions, preventive measures are implemented. Prevention is divided into two types:

1. **Primary prevention** – Measures aimed at preventing the development of the disease.
2. **Secondary prevention** – Measures aimed at early detection and preventing disease progression.

Alcohol-related diseases should primarily be prevented through primary preventive measures.

For patients already affected, proper care is essential to prevent worsening or chronic progression. Nurses must administer medications according to medical prescriptions, ensuring correct dosage and timing. During injections, aseptic and antiseptic rules must be strictly followed. Personal protective equipment such as gloves, caps, and gowns should be used. The patient's room should be ventilated regularly. Clean hands, a sterile environment, and safe procedures are essential to prevent medical accidents. Careful monitoring of patient needs is also crucial.

Healthcare professionals must be attentive and highly skilled in their profession.

### **Conclusion**

In conclusion, alcoholism is a chronic disease that leads to severe consequences and various health complications. Prevention and early treatment are vital for public health. Through a comprehensive approach, it is possible to control the disease and restore social adaptation of affected individuals.

Today's demand calls for awareness and a commitment to a healthy lifestyle.

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