



Alcoholism

Symptoms

Alcoholism or alcohol dependence is a chronic disease that includes:

- Craving --A strong need, or urge, to drink.
- Loss of control --Not being able to stop drinking once drinking has begun.
- Physical dependence --Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking.
- Tolerance --The need to drink greater amounts of alcohol to get "high."

Alcohol abuse is a pattern of drinking that affects one's health, relationships, or work.

Concerned about your alcohol use? [Test Your Use of Alcohol and Drugs](#)

Are your drinking habits affecting your health? [Rethinking Drinking](#)

If you think that you might have a problem, seek professional help immediately.

*****ALERT*****

If a person under the influence is in distress or does not respond, **Call 911** or seek immediate medical attention. Never let them sleep it off. It could result in death.