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Warning signs of a seizure from alcohol withdrawal

February 6, 2020 Alcohol is the most widely used mind-changing substance out there and we will be looking today at the dangers of alcohol attacks. When the 2018 National Survey on Drug Use and Health (NSDUH) surveyed people over the age of 18: In the previous 30 days, 55.3% of people reported drinking alcohol In the previous year, 70% of people reported drinking alcohol at some point in their lives in the United States. The legal age for alcohol consumption is 21 years, but as with all things, people deliberately break the law every day. NSDUH in 2018 also examined and reported underage drinking. Among 15-year-olds, 29.8% report having a drink 18.8% of 12- to 20-year-olds report drinking alcohol over the past month (that's more than 7 million children drinking alcohol). WHY DO PEOPLE DRINK ALCOHOL? So, what is it about alcohol that attracts so many people to use it? Since 1950, scientists have been trying to determine the answer to this question. Researchers say there are two main reasons people drink - turning to alcohol to cope with stress or influences from their social circle. Research shows that those who drink alcohol as a way to cope with stressors and problems in their lives are more likely to abuse alcohol. Unfortunately, even if drinking alcohol is motivated by purely social factors, it can become excessive and turn into alcohol abuse. Other reasons people are turning to alcohol are reducing their inhibitions, and because they think drinking will allow them to have more fun. Some people drink alcohol simply because it is readily available. Alcohol is easily accessible and not particularly expensive. What keeps people coming back to alcohol, though? We'll check it out right now. HOW DOES ALCOHOL AFFECT THE BRAIN? Great research has gone into the effects of alcohol on the brain, and scientists continue to come up with new knowledge to help us better understand alcohol abuse and addiction. In a study conducted at the University of California, researchers found that when people drink alcohol, endorphins are released in their brains. Endorphins are from the brain's so-called reward center. When these endorphins are released, the person who drinks alcohol is rewarded with joy, happiness, or some other reward. This process makes the brain and body want more alcohol, and the person will constantly look for it. Over time, this turns into alcohol abuse. If not arrested, it can easily turn into an addiction. Another study conducted by researchers in Sweden and the United States found that people addicted to alcohol show incorrect signals in the amygdala. When it comes to alcohol addiction, many people have simply lost control. Alcohol also tends to act as gamma-aminobutyric acid (GABA) Brain. When consumed, the entire system of remuneration of the brain lights up. Alcohol binds to gaba receptors in the brain and alters the release and absorption of neurotransmitters. When there is too much GABA, the person starts swearing at their speech, becomes tired, stumbles and trips. They also become anxious, have trouble sleeping, and run a much higher risk of seizures. Seizures can be very dangerous and can even lead to death. Let's look at what constitutes a seizure next. WHAT ARE SEIZURES? In the human brain, you have electric synapses firing constantly, yes, your brain's full of electricity! When there is an uncontrolled disruption of this electricity, it can cause a slew of symptoms, including: Changing behavior Confusion Emotional or cognitive symptoms (anxiety, déjà vu, fear, etc.) Impaired consciousness jerky movements staring motionless These symptoms indicate a seizure. Most seizures last from 30 seconds to 2 minutes. When the seizure approaches 5 minutes duration, it becomes a medical emergency. DIFFERENT TYPES OF SEIZURES There are two different categories of seizures and several subcategories nest within the categories. In general, you can find focal seizures and generalized seizures. Seizures may also be classified as unknown. FOCAL SEIZURES Focal seizures come from abnormal electrical activity directed at one area of the brain. Some people may lose consciousness while others remain conscious. Impaired consciousness - this is when a person has a seizure and loses consciousness or is unaware of what is happening. They can stare into space and not react. Sometimes they walk in circles or constantly chew no loss of consciousness - a person who has a seizure but does not lose consciousness can still change emotions, and things can taste strange. This is also the type of seizure in which you could see tearing parts of the body. People tend to feel dizzy or stunned here as well as phalignant seizures and their symptoms can be misdiagnosed as another health problem such as narcolepsia, migraine, or mental illness. GENERALIZED SEIZURES Sometimes a seizure has occurred covering all areas of the brain. These are called generalized seizures and there are several different types of them. Here's what's experienced with each of them: The Absence of Seizures - Blankly staring into space while performing subtle movements such as lip-smacking. Most common in children Aton seizures - sudden loss of muscle control, often leads to falling to the ground Clonic seizures - Commonly leads to rhythmic and tearing muscle movements Myoclonic seizures - Sudden twitching and tearing of the legs and hands Tonic Seizures - Sudden muscle stiffness, especially in the back, hands and feet Tonic-clonic seizures - Otherwise known as large mal seizures, these are the most persistent and dramatic Seizure. The body stiffening or shaking, falling to the ground, and loss of consciousness is expected here. While some people have specific triggers, for most people, the cause of these seizures is unknown. However, we know of some things that can lead to this experience. IS ALCOHOL CONSUMPTION CAUSING SEIZURES? The answer is complex ... What counts here is not the consumption of alcohol as such, but the amount of alcohol consumed. We'll double it in more detail. ALCOHOL IN MODERATION As with almost all things, when used with a measure of alcohol is quite harmless. Having a bottle of beer or a glass of wine occasionally isn't likely to cause any problems, and it's almost certain that it won't lead to a seizure. This means that as we've seen before, some people don't have a switch in the brain that allows them to drink in moderation. For those people, alcohol could be problematic. Binge drinking and alcohol seizures If someone consumes 4-5 servings of alcohol in a 2-hour period, it represents binge drinking. The liver cannot process this amount of alcohol quickly enough and alcohol will be absorbed into the bloodstream. Binge drinking can quickly lead to alcohol poisoning. This is particularly dangerous. Since the body cannot detoxify alcohol quickly enough, alcohol overwhelms the central nervous system. When this happens, life support systems in the body tend to slow down or malfunction. This can lead to a person having a seizure. WITHDRAWAL ALCOHOL USE Alcohol-related seizure generally occurs during the period in which a person feels a withdrawal from alcohol. When a person is addicted to alcohol and is removed from their system, he experiences many unpleasant symptoms. Some of these symptoms are: Anxiety Confusion Headache High Blood Pressure Increased Heart Rate Insomnia Irritability Nausea and Vomiting Nightmares Aftershocks For Some People, these symptoms pass quickly while for others they roam for weeks. Although these are the most common withdrawal symptoms a person may experience during a detox from alcohol, there is a much more severe withdrawal syndrome symptom. DELIRIUM TREMENS When someone quits an alcohol cold turkey, it results in a rapid change in their brain chemistry. This rapid change causes brain neurons to fire quickly. Within 48 and 96 hours of quitting drinking, a symptom known as delirium tremens can set, and it can last up to two weeks. This symptom is extremely dangerous, and many have died from DTs. The following are symptoms of delirium tremens: Changes in mental function and mood Chest pain Deep sleep for a day or longer Excessive drowsiness Extreme sensitivity to touch, light, or sound Fever Generalized seizures Hallucinations Irregular heartbeat Irritability, aggression, paranoia, Physical restlessness Abundant sweating Heavy confusion that comes on a fast Stupor If a person is going to experience seizures during withdrawal from alcohol, they will most likely occur between 24 to 48 hours after the last drink. There are treatments for delirium tremens, but it is best to begin the withdrawal process in the presence of trusted and will-informed health professionals. These providers can ensure that you have things needed to do better than: Anticonvulsant Medication to Stop Seizures Antipsychotic Medications to Stop Iv Fluid Hallucinations A drug to prevent body pain and Rehab fever, so you have support in quitting drinking sedatives to help you soothe the risks associated with alcohol-related seizures We have described many different types and categories of seizures beforehand so we won't rehash that here. Alcohol-related seizures are generalized seizures, which means they tend to affect the entire brain. These are the seizures you see on TV where a person falls to the ground in convulsions. As you can imagine, a fall can result in injury - anything from a scratched knee to a severe concussion. Involuntary thrashing around can cause bumps and bruises. If left unattended, a person could easily die. Alcohol overuse has been repeatedly linked to brain damage. Also, people may experience Wernicke-Korsakoff syndrome, which causes encephalopathy as well as mental psychosis. Once a person experiences a seizure, they are also at a higher risk of developing seizure disorders. If this person doesn't significantly reduce their drinking, they risk serious health problems down the road. Epilepsy and alcohol Epileptic patients are already prone to seizures. The Cleveland Clinic warns that those with epilepsy have much lower thresholds when it comes to alcohol tolerance, and that these people are more likely to experience seizures as part of alcohol withdrawal. Signs of alcohol abuse and addiction Since alcohol use is so prevalent it should come as no surprise that addiction rates are sky-high as well. Statistics show that more than 15 million people in the United States alone are struggling with alcohol-related disorder. Several symptoms point to alcohol abuse or addiction, including: Cravings or urges alcohol with a high tolerance (so you have to drink more) Not being able to fulfill work, home or educational duties because alcohol use is not able to stop drinking Spending a lot of time recovering from alcohol using alcohol continuously, even if you are in danger of what to do next if you or a lover struggles with alcohol please reach out for help before it becomes a bigger problem. Here at Landmark Recovery, our goal is to help as many people as possible overcome addiction and move on to enjoy fulfilling lives. Going through withdrawal without conscious medical assistance can mean the difference between and death for the addict. It is important to sober up, detox, and get healthy in the presence of knowledgeable health professionals. If you have any concerns about detoxification from alcohol and seizures or entering addiction recovery, call us today at 888-448-0302. Let us help you have a clearer tomorrow! Tomorrow!

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