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THE DEVELOPMENT OF ALCOHOL ADDICTION AND WAYS OF ITS TREATMENT

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Alcoholism is known as alcohol use disorder. It is one of the most widespread chronic diseases in the history of humanity. Alcoholic addiction is a type of substance abuse which can damage all organ systems, especially heart, pancreas, liver and immune system. Alcoholism may also lead to mental disorders. The majority of types of treatment are mostly based on psychotherapy and drugs. It targets person's mind and gives him a chance to rebuild his social life and recover mental and physical health. According to "Global status report on alcohol and health 2018" by WHO approximately 3.3 million deaths (5.9% of all deaths) were indicated to be due to alcohol each year. In 2016 WHO has estimated that 380 million people around the world were suffering from alcohol use disorder. According to the research by UNICEF in 2016 70,6% of respondents from 14 to 24 years old had ever consumed alcohol. It was reported by "THE REPUBLICAN RESEARCH AND PRACTICE MENTAL HEALTH CENTER" that in 2021 in the Republic of Belarus there were about 245 thousand people with mental disorders and 265 thousand people who suffered from alcohol addiction. According to WHO statistics, about 20 thousand people die from diseases associated with the harmful use of alcohol production every year in Belarus. The development of alcoholism is divided into 3 stages: neurotic stage, addictive stage, encephalopathic stage. All stages have difference in their periods of duration, depending on sex and genetic predisposition. There are 3 main ways of alcoholic dependence treatment: drug, non-drug and psychological therapies. These methods have different variations and subspecies. Alcoholic disorders treatment is one of the most progressive issues of scientific society. Ethanol consumption leads to permanent consequences. The most rational option is the primary prevention of alcoholism as early as it is possible, especially in upbringing age Children need to be instilled with aversion to bad habits, to understand the consequences of drinking alcohol. Nowadays scientists are working on elaboration of fully effective methods of treatment.