**Why alcohol should be controlled?**

In the past year alone, more than eighty-eight thousand individuals have lost their lives due to excessive alcohol consumption. However, this staggering death toll is just one facet of the broader issue that underscores the urgent need for alcohol regulation. The detrimental effects of alcohol extend far beyond mere mortality statistics, profoundly impacting the well-being and livelihoods of countless individuals. Given the multifaceted reasons behind the necessity for alcohol control, urgent action is imperative to mitigate its harmful consequences.

A group of scientists at the University of Oxford studied data from 424 men and 103 women who were part of a larger study called the Whitehall Study. This study looks at how people's lifestyle affects their health, focusing on British civil servants.

When the study started in 1985, all participants were healthy and not dependent on alcohol. Over the next 30 years, they answered questions about how much alcohol they drank and took tests to see how well their memory, reasoning, and verbal skills were. At the end of the study, they had brain scans using MRI machines.

After analyzing all the information, the researchers found that the more alcohol people drank, the more their hippocampus, the part of the brain responsible for memory and reasoning, shrank. Those who drank the equivalent of four or more drinks a day had nearly six times the risk of their hippocampus shrinking compared to those who didn't drink at all, while moderate drinkers had about three times the risk. However, the only noticeable difference in cognitive abilities related to drinking was that heavy drinkers tended to have a faster decline in their ability to come up with words starting with a specific letter in one minute

If you're someone who doesn't drink a lot and you're thinking about cutting back on alcohol for health reasons, there are a few things to consider:

Moderate drinking still seems to be good for your heart. Lots of studies have shown that having a moderate amount of alcohol can lower your risk of heart problems like heart attacks and strokes.

Moderate drinking might also lower your chances of getting gallstones or diabetes.

For women, even having a moderate amount of alcohol can increase the risk of breast cancer. If you're an average-risk woman, having one drink a day could slightly raise your lifetime risk of getting breast cancer.

There are also social and psychological benefits to enjoying a drink now and then. Drinking in moderation can be a part of socializing and enjoying yourself, like having a glass of wine with dinner or celebrating a special occasion with friends.

**Conclusion**

Alcohol has been around since forever, and people have always argued about whether it's good or bad. It's kind of both. Having a little seems to be okay for your heart and other things, but too much can really mess you up. It's a big reason why lots of people die when they don't have to. Alcohol doesn't just affect the person drinking it; it can mess up families, friends, and whole communities, leading to violence and accidents. It's involved in a ton of crimes, drownings, and car crashes. Even though it's causing a lot of problems, more and more people are drinking it. In places like India, it's so common that people don't even see it as a problem anymore.

**Sources**: NCBI, HARVARD HEALTH, RESEARCH GATE, OXFORD STUDY, NIAAA