

## 22. Alcoholics

Nowadays many people drink too much alcohol. Worldwide there are millions of alcoholics. That is why many people die of alcohol-related diseases such as cirrhosis. However, it seems everyone drinks alcohol in one way or another. It is socially acceptable, so the question is: how harmful can alcohol really be? Most doctors and experts agree that it is the daily amount that makes the most difference. Too much alcohol can damage many organs, especially the brain, the stomach, and the intestines. There are also many reasons why someone can become an alcoholic. Psychologists have found out that one of the main reasons someone grabs a bottle is loneliness and frustration. Defeating addiction can be very difficult, but it is also not impossible either. Most alcoholics can treat themselves by just cutting the amount or stopping by changing their behavior, but a doctor can also help with therapy. A special role can be played with the support of friends and family as well.