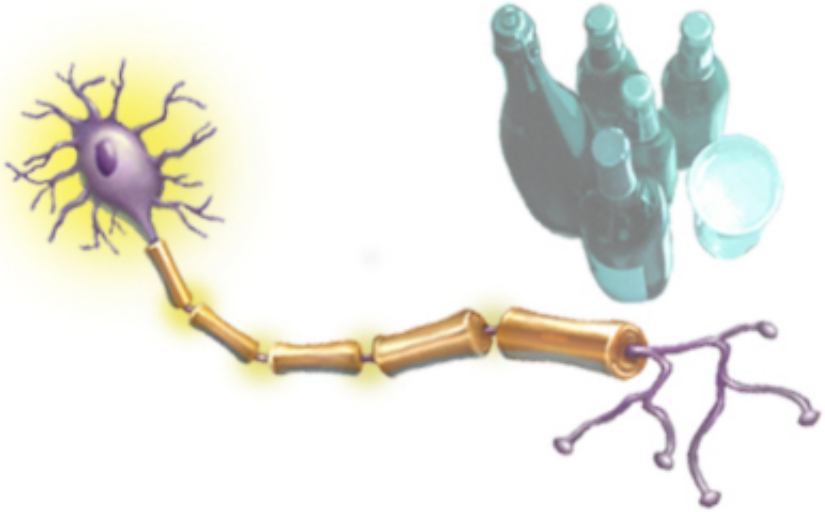
Does Alcohol Affect My Nerves?

by NEWLIFEOUTLOOK TEAM

How Alcohol Abuse Can Affect the Nerves

Treating alcoholic neuropathy is very difficult, since it involves giving up alcohol altogether. It's important to have other individuals who know that you have a problem and can help you through the process. One suggestion is to avoid going out with those who may drink, since you might feel left out and decide to have a drink. Try to substitute alcohol for other drinks and if you feel like having a drink, talk to someone. You might find non-alcoholic beer as a substitute and slowly try to drink more water. If you need more diversity, you can add concentrated flavor to your water to give your tastebuds a variety of flavors.

Alcoholic neuropathy is a type of nerve damage brought on by chronic abuse of alcohol



Alcoholic neuropathy is a disorder involving decreased nerve function due to the damage caused by habitual alcohol abuse. The damage may affect the autonomic nerves (those that regulate internal body functions) and the nerves that control movement and sensation.