

Harmful Effects of Alcohol on the Human Body and Preventive Measures

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Annotation. This article provides information about somatic diseases that occur in people who drink alcohol, about the harmful effects of alcohol on the human body, the mechanism of action, and preventive measures.

Keywords: *xerostomia, stomatitis, caries, gingivitis, periodontitis, gastrointestinal tract, ethanol.*

Alcohol has an extremely negative effect on the body as a whole, and the oral cavity is no exception. Alcohol in contact with the mucous membrane of the oral cavity causes its irritation and traumatization, subsequently leading to soft tissue diseases. Alcoholic beverages cause severe dehydration of the body. And this, in turn, triggers a chain reaction: xerostomia develops – a decrease in salivation by the salivary glands. Dry mouth promotes the reproduction of various pathogenic microorganisms, as a result of which stomatitis, caries and its complications, gingivitis, periodontitis and so on develop.

In addition, alcohol leaches calcium, minerals and vitamins from the body, which are essential for maintaining dental and oral health in general.

It is well known about the harmful effect of alcoholic beverages on blood vessels. If the blood supply to the oral cavity is disrupted, the permeability of the epithelium of the mucous membrane increases, it is easily injured and infected. The susceptibility of oral tissues to various carcinogens increases. There is a clear relationship between alcoholism and the occurrence of leukoplakia, dysplasia, and malignant neoplasms of the oral cavity.

And this is not counting the fact that the problem of alcohol is already extremely serious: more than 200 diseases are associated with its abuse, and the contribution of alcohol to the occurrence of various diseases varies from 5 to 75%. Deaths from alcohol poisoning are recorded annually.

Since alcohol flushes calcium out of the body, with regular use of it, teeth become more fragile, begin to crumble, cracks appear on the enamel. In addition, alcohol leaches vitamins, zinc, iron, and mineral salts from the body – and these are substances that are vital for teeth and gums.

Wine has a negative effect on the color of the enamel – the acids and artificial dyes contained in it literally corrode the enamel and change its color. The belief among some wine lovers that a piece of cheese eaten after a glass of this drink saves enamel from staining is nothing more than a myth. No cheese saves tooth enamel from tartaric acids.

And various low-alcohol drinks containing sugar and synthetic dyes in excess are especially dangerous for teeth. They literally corrode the enamel and lead to caries very quickly.

Gums also suffer from alcohol – they become inflamed, bleed and can no longer serve as a reliable support for teeth, which, in turn, become loose until they fall out.

As you can see, alcohol does not affect teeth in the best way, and therefore the best solution would be to abandon its use, or at least choose drinks that harm less – for example, low-alcohol cocktails and wine should be excluded from your menu altogether.

It is known that alcohol has a detrimental effect on the body and causes pathological changes in the liver, heart, kidneys and organs of the gastrointestinal tract. This often leads to irreversible processes and serious diseases. Since the human body is an integrated system, alcohol has no less harmful effects on oral health.

The alcohol content in percentage terms in alcoholic beverages does not directly affect the condition of tooth enamel, but many of them are characterized by high sugar content and high acid content. These include cocktails, liqueurs, and wine. And it is the presence of these components in drinks that is an unfavorable factor contributing to the development of caries and its complications.

But still, alcohol contained in alcoholic beverages has an irritating and then traumatic effect on the soft tissues of the oral mucosa and gums, as a result of which diseases such as gingivitis develop, and as a result, periodontitis. A chain reaction occurs, leading to the rapid growth of bacteria in the oral cavity, which leads to a violation of the integrity of the teeth, and this causes not only caries, but, ultimately, can lead to tooth loss.

It is also necessary to focus attention on the fact that the increased alcohol content in drinks helps to reduce saliva production. The absence of a normal amount of it, which is necessary for natural cleansing of teeth, contributes to the growth and development of a large number of pathogenic bacteria, which leads to the development of a favorable environment for the development of infections, diseases of the oral mucosa and the teeth themselves. It is also important that, as a result of the presence of a high concentration of pathogenic bacteria and damage to the.

Alcohol has become an integral part of modern life for many people. Holidays and commemorations, meetings with friends and partners do not take place without him. Even ordinary family gatherings at the TV can be combined with a ritual of abuse.

Fortunately, not all people get drunk, some even manage to control the intake of harmful drinks throughout their lives. A person takes care of his appearance, goes to work, takes care of his family. All this, if desired, is still possible to preserve, which cannot be said about health, which noticeably deteriorates with each new glass taken.

Today we will not talk about all the negative effects of alcoholic beverages on the body, but only consider how alcohol affects teeth. And this is very important, because the general well-being and quality of life of a person depends on their condition.

Experts say that all drinkers, without exception, quickly lose the aesthetics of a smile. Even controlled use causes various dental problems.

The most common:

- enamel discoloration — the teeth of an alcoholic acquire a gray-yellow hue, and no amount of whitening will save the situation if you keep your addiction;
- dry mouth, which occurs against the background of dehydration, which leads to a decrease in the amount of saliva, and this increases the risks of the development and reproduction of bacteria;
- unpleasant smell;
- increased sensitivity of crowns;
- tartar, plaque, caries — is a consequence of the acidic environment that occurs after taking ethanol drinks;
- inflammatory diseases and bleeding gums;
- rapid wear and loss of seals.

Dental diseases develop for various reasons, provoked by ethanol:

- it leaches zinc, magnesium, phosphorus and iron from the body, which entails the rapid destruction of gingival tissues;
- assistance

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