

ALCOHOLISM AS A SERIOUS SOCIAL AND MEDICAL PROBLEM IN THE WORLD ON THE DIGESTIVE SYSTEM

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Abstract: The article provides a brief overview of the effects of alcohol on various organ systems. The analysis of the literature data on the causes of its use, its effects on the body and the consequences caused by its use is carried out. Data from previous studies on alcohol-related mortality have been analyzed. The statistical data on the decrease in the tendency to alcohol consumption by the Russian population are presented. The most frequently affected organ systems under the influence of alcohol are described in detail. The consequences of alcohol consumption and social aspects of the problem of alcoholism are considered. Visual aids of morphological changes in organs arising from excessive alcohol consumption are presented.

Keyword: alcoholism, anti - alcohol propaganda modern visual technology, changes in the organs, healthy lifestyle.

Alcoholism is a disease caused by the systematic use of alcoholic beverages, characterized by pathological attraction to them, the development of mental (irresistible attraction) and physical dependence (the appearance of withdrawal syndrome upon cessation of use) [4]. In cases of prolonged course, the disease is accompanied by persistent mental and somatic disorders [4]. Alcohol abuse is one of the urgent problems of our country. The previously recorded decrease in the incidence of chronic alcoholism has been replaced by its growth. [4] The widespread sale and advertising of alcoholic beverages, social, economic and psychological tension, disorganization of leisure and recreation contribute to the alcoholization of the population, including young people.

Causes and statistics of alcohol consumption.

To begin with, I would like to consider the reasons for alcohol consumption. The need for alcohol is not one of the natural life needs of a person, such as the need for oxygen or food, and therefore alcohol itself has no motivating force for a person. This need, like some other human "needs", appears because society, firstly, produces this product and, secondly, "reproduces" customs, forms, habits and prejudices associated with its consumption. An outstanding psychiatrist and public figure, a fighter against alcoholism, academician Vladimir Mikhailovich Bekhterev (1857-1927) described the psychological causes of drunkenness in this way: "The thing is that drunkenness is an age-old evil, it has taken deep roots in our everyday life and has given rise to a whole system of wild drinking customs. These customs require drinking and being treated with wine at all times." By doing so mental, and later physiological dependence on alcohol is developed[4]. Alcohol is included in the metabolic processes, deprivation of it leads to a painful disease – a hangover, which is characterized by trembling hands, an anxious mood, heavy sleep with nightmares, unpleasant sensations from internal organs [10] According to VTSIOM, 180 liters of vodka are consumed annually for every Russian, including women and children. [9]. The main impetus for the increase in alcohol consumption and alcohol mortality in the 1990s was the liberalization of the alcohol industry and, as a

result, the increased economic availability of strong alcoholic beverages and alcohol. On June 7, 1992, Boris Yeltsin abolished the state monopoly on vodka, as a result of which the relative price of vodka fell several times. As shown by Yu.V. Andrienko and A.V. Nemtsov, in Russia, as well as in other countries [19], consumption alcohol depends on the price of alcohol. However, the income of citizens is also an important factor in the consumption of alcoholic beverages. An analysis of the RMEZ data[16] showed that in Russia "the risk of being an alcohol consumer increases along with individual income." As Andrienko Yu.V. points out, the growth of incomes of Russians since 1999 has been a serious factor in alcoholization of the population [3]. According to WHO experts, the dangerous level of alcohol consumption per capita is the average consumption exceeding 8 liters of alcohol per capita per year. [20] According to WHO data for 2018, Russia ranks 16th out of 189 countries in terms of the amount of pure ethyl alcohol consumed per capita, aged 15 years and older[17]. Central European trends have also affected Russia. It can be stated that a period of excessive consumption growth has been passed beer, primarily due to the proportion of strong alcohol. The level of beer consumption in Russia can be estimated as average. Recently, there has been a tendency to increase the consumption of light drinks, wine remains a feminine or festive drink. In general, it can be stated that Russia is characterized by global trends in increasing consumption of light and more expensive spirits [15, 17].

The effect of alcohol on the digestive system.

Partial absorption of alcohol begins already in the oral cavity, and then in the stomach. In response to the strong irritating effect of ethanol, the digestive glands of the gastric mucosa begin to intensively secrete gastric juice, thereby diluting the alcoholic beverage. Thus, the body tries to protect the gastric mucosa from chemical burns. Highlighted under by the action of alcohol, gastric juice differs from normal juice. It contains fewer digestive enzymes and more hydrochloric acid. New portions of alcoholic beverages lead to the inhibition of initially inactive digestive enzymes. For this reason, people suffering from alcoholism have no appetite. While alcohol is in the stomach, it irritates and destroys not only its mucous membrane, but also deeper ones the layers of the walls of this organ, causing serious morphological changes. Almost 95% of people who regularly consume alcoholic beverages have gastritis [14]. With further systematic use of alcoholic beverages and lack of treatment for gastritis, it turns into a stomach ulcer, which in turn becomes malignant and stomach cancer develops (Fig. 1). Stomach cancer is a malignant tumor that develops from the epithelial cells of the gastric mucosa. Factors predisposing to the development of stomach cancer may be peptic ulcer disease, polyps, some forms of chronic gastritis, dietary habits, poisoning, smoking, gastrointestinal tract infections[2]. Stomach cancer is one of the most common malignant diseases. Stomach cancer ranks fourth among malignant tumors in the world. In 2010, almost 100 thousand cases of this disease were diagnosed. In gastric cancer, there is a high mortality rate – the second in the structure of oncological mortality after lung cancer[2].



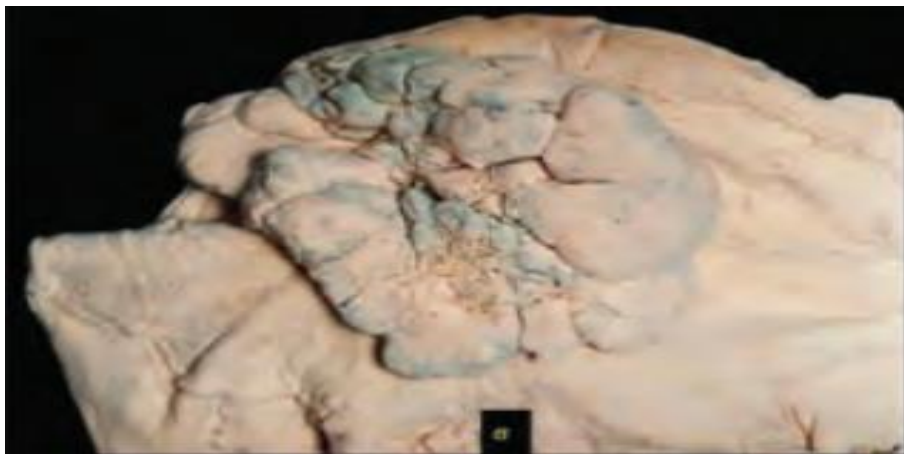


Figure 1. Relief of the mucous membrane of the posterior wall of the human stomach.

Natural anatomical preparations. Polymer embalming.

a) The norm

b) Chronic hypertrophic gastritis. An increase in the folds of the gastric mucosa.

c) Fungal stomach cancer

In the intestine, the rapid absorption of alcohol into the blood begins. In the upper part of the small intestine - the duodenum, where about 20% of consumed alcohol is absorbed, it causes destruction of the mucous membrane, similar to those observed in the stomach[14]. A kind of eroded surface appears. Alcohol that enters the bloodstream through the blood vessels enters a kind of laboratory of the human body – the liver, which takes the brunt of the blow, since neither in the intestine nor in the stomach do alcohol molecules undergo any change. The entire cycle of chemical transformations of alcohol is carried out in liver cells in hepatocytes. Alcohol breakdown intermediates interfere with finely balanced metabolic processes, especially severely disrupting fat metabolism. Such "obese" hepatocytes are unable to fully perform their functions, which often leads to the development of alcoholic hepatitis[14]. With frequent and abundant consumption of alcoholic beverages, liver cells cannot withstand alcohol intoxication and die, liver cirrhosis develops (Fig. 2).

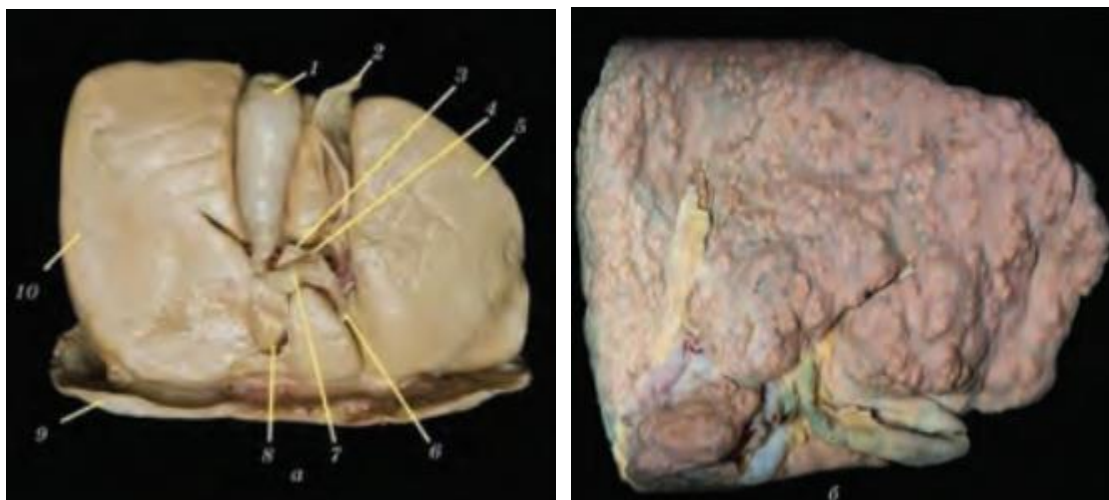


Figure 2. Human liver. Natural anatomical preparations.

Polymer embalming.

- a) The norm. 1 – gallbladder; 2 – round ligament;
3 – portal vein; 4 – common hepatic duct; 5 – left lobe;
6 – common bile duct; 7 – cystic duct;
8 – inferior vena cava; 9 – diaphragm; 10 – right lobe**
- b) Large nodular cirrhosis of the liver**

Modern technologies of scientific and educational work on compliance a healthy lifestyle. Alcoholism is the biggest social and medical problem. The harm of drinking alcoholic beverages is multi-organ, severe cases of alcoholism are irreversible. Even small doses of alcohol can cause great troubles or misfortunes: injuries, car accidents, disability, family breakdown, loss of spiritual needs and strong-willed traits by a person [10]. At the moment, there is a lot of literature data and various illustrations on promoting a healthy lifestyle and the dangers of alcohol, but unfortunately, they are outdated and do not bear the proper result. In this regard, natural visual aids have been developed at the Department of Normal Anatomy of the Military Medical Academy, which demonstrate organs in comparison with normal and pronounced pathological changes in deceased alcoholics, which in turn leave a good impression about the dangers of alcohol and the positive aspects of maintaining a healthy lifestyle. These exhibits have been used at various anatomical exhibitions and have given positive results in the form of motivating people to follow a healthy lifestyle, this is proved by conducting a closed survey of these people.

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