



## A STUDY OF ALCOHOL AS A RISK FACTOR TO THE SYSTEMIC DISEASES AND THEIR PREVALENCE: AN ORIGINAL RESEARCH STUDY IN A TERTIARY CARE HOSPITAL

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**(ABSTRACT)** **Aim:** To know the systemic diseases with alcohol as a risk factor and their prevalence  
**Methods:** Clinical profiles of 107 patients with alcoholic history, admitted in one month span in Government General Hospital, a tertiary care hospital, Vijayawada, Andhra Pradesh were analysed.  
**Results:** Out of 107 patients 37 patients had pancreatitis, 34 patients had alcoholic liver disease, 26 patients had cerebrovascular accidents and 10 patients had cardiovascular system related diseases.  
**Conclusion:** Alcohol increases global burden of diseases, responsible for more than 60 types of diseases mainly with greater fraction towards pancreatitis and liver disorders

**KEYWORDS :** Alcohol Abuse, Systemic Diseases, Prevalence, Pancreatitis, Cirrhosis, De-addiction, Counseling

### Introduction

Alcohol consumption has become major health problem in India. 30% of Indian population consume alcohol regularly as per WHO statistics. 3.3 million deaths in India were attributed to alcohol consumption. Apart from the health concerns, chronic alcoholism is one of the major consequence of illiteracy and lack of awareness regarding adverse effects of alcoholism and its addiction. According to an organization for economic cooperation and development report released in May 2015, alcoholism increased about 55 percent between 1992 and 2012. Alcoholism is one of the leading cause liver cirrhosis and failure. About 10 percent of strokes, tuberculosis, hypertension and epilepsy are caused by excess alcohol consumption.

### Methods

Clinical profile of all the patients admitted in one month span, in Government General Hospital, Vijayawada, Andhra Pradesh, India were analyzed in detail. The main focus in our study is alcoholic related history which was taken in detail. 107 subjects were included in this study. Each individual was subjected to detailed history taking with special reference to alcoholic intake. The profiles of subjects were analyzed for alcoholic related systemic disorders with their frequency. The frequencies in the form of percentages of, pancreatitis, liver diseases, cerebrovascular and cardiovascular disease were recorded.

### Results:

**Table-1:** Frequency of systemic diseases related to alcohol

S.No	Disease	Number of patients	Percentage
1	Pancreatitis	37	34.57
2	Liver disorders	34	31.77
3	Cerebrovascular disorders	26	24.29
4	Cardiovascular disorders	10	9.3

**Discussion:** As per Rehmetal study [1], worldwide alcohol related

cirrhosis is found to be 8.5% whereas in our study it is 31.77%, cardiovascular disease found to be 8.5%, where as in our study it is found to be 9.3%. As pre swobodnik study [2] alcohol related pancreatitis found to be 36%. Sadar Azodi et al [3] study showed alcohol risk of pancreatitis increased by 52% recently whereas In our study the prevalence of pancreatitis was 34.57%. With more than half of all alcohol drinkers in India falling into the criteria for hazardous drinking, alcohol abuse is emerging as a major public health problem. Average age of alcoholic initiation had dropped from 19 years to 13 years. There is evidence to suggest that the poor are beginning to drink more than they earn – a deadly spiral of alcohol and debt[4]. In India per capita alcohol consumption has increased alarmingly by 106.7% between 1970-72 and 94-96[5]. In Southern India prevalence of current alcohol use has varied between 33-50% [6].

In our study increasing trend of alcoholic related disease is due to unawareness of adverse effects of alcohol, illiteracy, addiction and poverty, lack of counselling health centers.

	Alcohol related diseases	Pancreatitis	Cardiovascular	Strokes
Rehmetal Study	8.5%	-	8.5%	-
Swobodnik study	-	36%	-	-
Sadar Azodi study	-	-	-	-
In our study	31.77%	34.57%	9.3%	24.29%

### Conclusion:

This study shows the increasing trend in the incidence of alcohol related pancreatitis which is equaling or surpassing the incidence of alcoholic liver disease.

Increasing the awareness about the harmful effects of alcohol on health through education and counselling; gearing up of national deaddiction

program through widely established counselling centers will play a crucial role not only in reducing alcoholic related morbidity and mortality but also improves financial status of the individuals with improved well-being in society.

**References:**

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