

Depression causes and treatment

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In addition, at least 30 % of the women in the population are depressed, while the figure for men is half that of the women (Beck and Alford 3-10). This is because women have many responsibilities to take care of.

The famous baseball legend Mickey Mantle died of alcoholism-related problem. Due to his heavy drinking, his liver was badly damaged by alcohol-induced cirrhosis and hepatitis C. Mantle was not a priority patient for a transplant. Usually, patients of transplant wait for some time to get liver donors. The problem was self-inflicted and so Mantle should have waited in the queue like many other patients. Another reason why Mantle was not a priority patient is that he already had cancer, which is a terminal illness.

Alcoholism victims suffer from malnutrition for various reasons. First, alcohol causes euphoria, which depresses appetite. Secondly, alcohol is rich in energy because of the sugar component in it. This makes many alcoholics substitute food for alcohol. Although energized, alcoholics lack many nutrients that come from other foods since sugar has no other nutrients. Thirdly, the continued drinking of alcohol causes destruction of critical organs used to digest and furnish nutrients to the body. Inflammation of the pancreas and liver damage are common digestive problems.

In many cultures, alcohol has played a major role since many centuries ago. It is believed that the evolution of agriculture was partly to use the grains for alcohol. Drinking of alcohol is a socially accepted activity in many cultures and persons have the freedom to determine how far they want to take it. Additionally, the behavior is carried from one generation to the other with the younger generation picking the behaviour with the thought that it has some adaptive benefits.

Alcoholism plays an important role in the acceleration of domestic violence.

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First, alcoholic victims are prone to anger. This provokes them to fight members of their families especially the wives at the slightest provocation. Secondly, an alcoholic will spend all his salary on alcohol, failing to cater for his family needs, which causes domestic violence. Thirdly, an alcoholic will do anything to raise money for his beer, which includes selling household goods. This does not go well with the wife who has struggled so much to raise the family in the absence of this man and buy those household equipment.