



Battling Alcoholism

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Alcohol problems — such as binge drinking and heavy drinking — affect a wide swath of the population. In many cases these problems have a genetic link since alcoholism can be passed down from one generation to the next. Chronic alcohol abuse can have severe consequences. According to the National Institute on Alcohol Abuse and Alcoholism, alcohol plays a role in more than 200 diseases (including diabetes and certain cancers), injury-related health conditions and psychiatric disorders. And the devastating effects of alcoholism on personal relationships, families and work lives cannot be measured. This TBook — a selection of articles from The New York Times — features the latest research and studies on alcoholism, personal essays about struggles with drinking, stories about recovery and Q&A's with experts on dealing with alcohol problems.

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