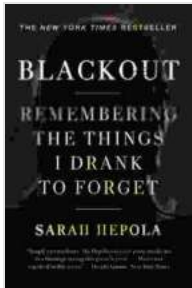


# Blackout: Remembering The Things Drank To Forget



## Blackout: Remembering the Things I Drank to Forget

by Sarah Hepola

★★★★☆ 4.6 out of 5

Language	: English
File size	: 852 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 241 pages



Blacking out is a serious problem that can have lasting consequences. If you are experiencing blackouts, it is important to talk to a doctor or therapist. There are treatments available that can help you overcome this problem.

### What is a blackout?

A blackout is a loss of consciousness caused by drinking too much alcohol. When you drink alcohol, it is absorbed into your bloodstream and travels to your brain. Alcohol slows down the activity of your brain cells, which can lead to a variety of symptoms, including:

- Slurred speech
- Loss of coordination

- Nausea
- Vomiting
- Confusion
- Blackouts

Blackouts can be dangerous because they can lead to injuries or death. If you are blacking out, you are not in control of your body or your actions. You may not be able to make decisions that are in your best interests. You may also be at risk of choking on your vomit or falling and hitting your head.

If you think you are experiencing a blackout, it is important to seek medical attention immediately.

### **What causes blackouts?**

Blackouts are caused by drinking too much alcohol. The amount of alcohol that it takes to cause a blackout varies from person to person but is often due to excessive consumption. Drinking alcohol on an empty stomach, mixing alcohol with other drugs, and drinking quickly can all increase your risk of blacking out.

### **How to prevent blackouts**

The best way to prevent blackouts is to drink alcohol in moderation. If you are going to drink alcohol, it is important to:

- Eat a meal before you start drinking.
- Drink slowly and pace yourself.
- Avoid mixing alcohol with other drugs.

- Be aware of your limits.
- If you feel like you are getting too drunk, stop drinking and seek medical attention.

If you are experiencing blackouts, it is important to talk to a doctor or therapist. There are treatments available that can help you overcome this problem.

### **Treatment for blackouts**

The treatment for blackouts depends on the severity of the problem. If you are experiencing frequent blackouts, you may need to undergo detoxification and rehabilitation. Detoxification involves stopping drinking alcohol and allowing your body to clear itself of the toxins. Rehabilitation can help you learn how to cope with the underlying problems that may be contributing to your blackouts.

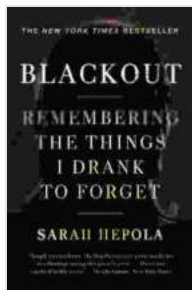
There are a number of different medications that can be used to treat alcohol dependence. These medications can help reduce your cravings for alcohol and make it easier to stay sober.

Therapy can also be an effective treatment for alcohol dependence. Therapy can help you learn how to identify the triggers that lead to your blackouts and develop coping mechanisms to deal with them.

If you are struggling with alcohol dependence, it is important to seek help. There are many resources available to help you overcome this problem. With the right treatment, you can regain control of your life and live a sober life.

Alcohol is a dangerous drug that can have serious consequences, even if you do not drink a lot. If you are experiencing blackouts, it is important to talk to a doctor or therapist. There are treatments available that can help you overcome this problem.

## Get Help Today



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