

The Importance of Study Acute Alcohol Residual Effects (Hangover) in Central Nervous System

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What is alcohol hangover?

Alcohol hangover is the most commonly reported negative consequence of excessive alcohol consumption. A recent definition set hangover as the combination of mental and physical symptoms experienced the day after a single episode of heavy drinking, starting when blood alcohol concentration approaches zero. Hangover symptoms include nausea, fatigue, tremors, headache, thirst, weakness and sleepiness. Related to this, it was well established that alcohol hangover induces hormonal, endocrine, metabolic and immune-related changes. Hangover episodes are extremely prevalent among young adults and even when is one the most unpleasant experience related to alcohol intake, it received little scientific attention compared with other pathological states.

Why it is important to study hangover in central nervous system?

Current Scientific evidences demonstrated that hangover provokes physical and mental impairment in relation to cognition, physical performance, work absenteeism and risk of injury. Together with this, biochemical studies have been demonstrated the occurrence of oxidative stress and bioenergetics impairment in different central nervous system areas such as brain cortex, cerebellum and hippocampus. This is extremely important since ethanol is no longer present in blood or tissue and nevertheless provokes such as harmful effects. All evidences together suggest that study the pathology of alcohol hangover is necessary to understood the implications of the next-day effects of excessive alcohol consumption and probably identify a potential prevention or treatment.

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