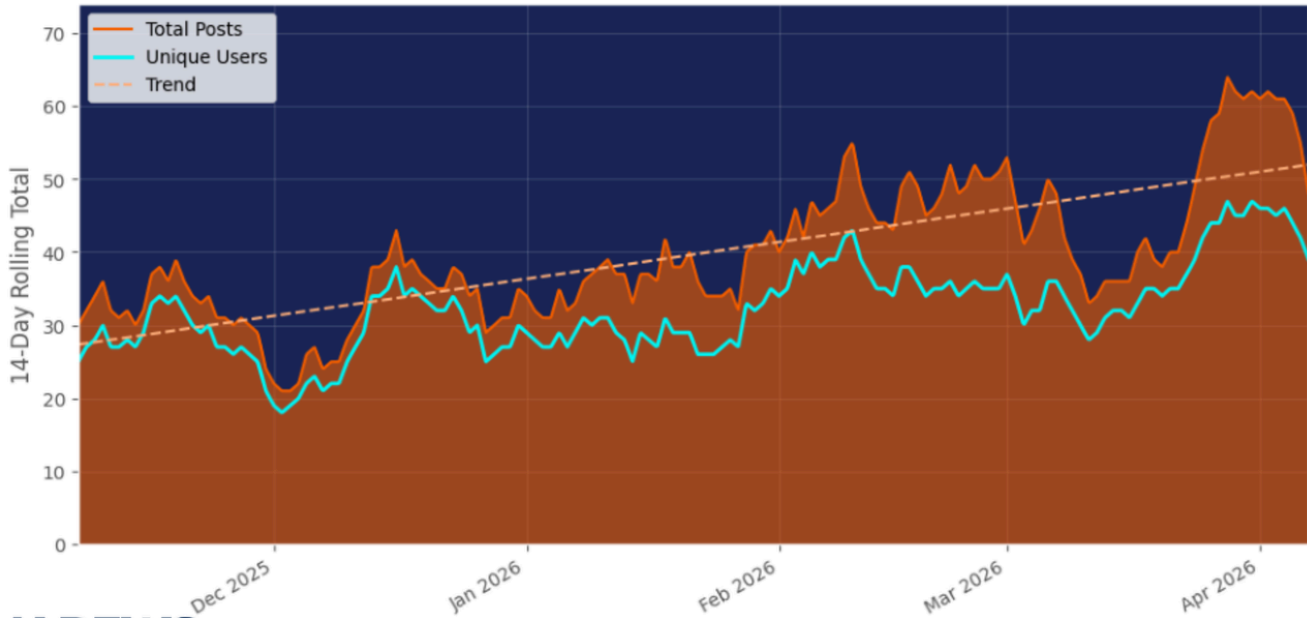


Alert from the NDEWS Web Monitoring Team Reddit mentions of Alcohol/Ethanol

Sum of Alcohol/Ethanol Reddit posts/unique users in a rolling 14-day window



Why are we reporting on this? Alcohol and ethanol consumption remain a primary subject of concern within online communities due to frequency of reports involving tolerance, withdrawal, and significant occupational and social impairment. Reddit discussions indicate patterns of use involving high-volume alcohol consumption cycles, the use of alcohol-free products such as mouthwash when beverages are unavailable, and the physiological and psychological impacts associated with quantity, frequency and duration of drinking.

What is Alcohol/Ethanol? Alcohol, or ethanol, is a legal, widely available psychoactive substance that acts as a central nervous system depressant. While frequently consumed in regulated beverage forms such as beer, wine, and spirits, high-proof ethanol and non-beverage products containing alcohol are also discussed in the context of high-risk consumption.

Public Health Impacts: Reddit discussants report devastating physical and mental health consequences from chronic alcohol consumption, including liver dysfunction, gastrointestinal distress, and severe malnutrition. Commenters describe life-threatening withdrawal symptoms such as tactile and auditory hallucinations, tremors, and "brain zaps." Multiple discussants mention significant social and occupational decline, including job loss, housing instability, and the fracture of family relationships. There are also reports of severe psychological distress, with individuals describing a cycle of depression, agoraphobia, and cognitive decline characterized by memory loss and impaired verbal communication.

How is it Being Discussed? Reddit commenters frequently discuss alcohol in the context of "benders" or round-the-clock consumption, often involving high-proof spirits like vodka to maintain a constant state of intoxication and avoid withdrawal. There is a prominent trend of discussants sharing "war stories" regarding embarrassing public behavior, medical emergencies, and the failure of prior abstinence attempts. Discussants often debate the difficulty of "de-escalation," or tapering from hard liquor to beer or wine to mitigate health risks. There is frequent discussion of "kindling," a phenomenon where repeated withdrawal episodes become progressively more severe and dangerous. Commenters also describe the use of cannabis as a tool reduce harm, often referred to as "California sobering," to reduce or replace alcohol intake. The community frequently exchanges advice on navigating medical detox and the perceived inadequacies of mental health care and rehabilitation facilities.