



# Impact of Excessive Consumption of Alcoholic Beverages on the Occurrence Cardiopathies in Kinshasa

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## **Abstract:**

*This study is doing the subject of the problem of consumption abuse Alcoholic beverages and its impact on the health of the population Particularly in the occurrence of cardiovascular disease in consumers. The main activity is to contribute to reduce excessive consumption of alcohol. This study is carried out in the Democratic Republic of Congo, in the ville of Kinshasa Commune De LEMBA. The study has taken over to the taking of blood pressure at 115 people Regular consumers of alcoholic bosses. The final result shows a prevalence of 15.3% of Consumption of Alcohol (except liqueurs) with an average of 6 bottles a day and a probability of accumulation of alcohol in the body of the order of 30% (If it's Primus, Skol and Nkoy); 33% for Mutzig and Doppeland 39% (Pourturbo King). These consumers have symptoms of hypertenon in 20% cases; And some Cardiopathies in 27.8% cases (14% of frequent idiopathic heart palpitations; 7.8% of spontaneous vertigoes; 6% of hypotendus).*

## **Keywords:**

*alcohol; occurrence; Kinshasa*

## I. Introduction

Alcohol is a psychoactive substance capable of training dependence, widely used in many cultures for centuries. The harmful use of alcohol in a burden of borneity, as well as an economic and social burden important for society.

Alcohol acts on people and thea society Many ways and effects are determined by the quantity consumed, consumer modes and rare occasions, by the quality of alcohol consumed. In 2012, Nearly 3.3 million deaths, 5,9% of all deaths worldwide, were attributable to alcohol consumption (Alain Cerole, 2013).

The harmful use of alcohol can also have effects on other person who consumes it, such as family members, entourage, colleagues or foreigners. In addition, it has important health, economic and economic effects on society in general.

The consumption of alcohol is an etiological factor of More than 200 diseases and trauma. It is associated with the risk of san-african issues tested such as psycho-mental disorder, including dependence on alcohol, non-communicable non-communicable diseases such as liver cirrhosis, certain cancer and cardiovascular diseases, as well as trauma arising from acts of violence and accident accidents (Alain Cerole, Op.cit).

Lately, le mails relationship of Effects caused by the development of alcohol and the incidence of infectious diseases such as tuberculosis or in the evolution of HIV / AIDS are. The alcohol consumption in pregnant women can lead to fetal alcohol syndrome or prematurity related complications (Who, 2011).

An important point in the burden of morbidity attributable to harmful alcohol consumption comes from intentional or non-intentional trauma, including in the context of road traffic accidents, violence or suicides. The deadly injuries attributable to alcohol consumption generally affect relatively younger age groups.

The consumption of alcohol to immediate and long-term effects (Okubo et al 2001). It may have effects on some vital organs such as liver or brain. Otherwise launched excessive alcohol consumption (chronic alcoholism) leads to multifunctional disorders such as psychological and social problems is that the alcohol consumption therefore constitute a serious problem of public health.

At the global level, it is established that adults considers average on 5 liters of pure alcohol per year, in the form of beer, wine or spirits. The highest average alcohol consumption is attributable to the Europe, followed by the American continent and then the African continent. She tends to grow with economic development (Kourouma, 2000).

According to WHO statistics sheets (2011) while global consumption equivalent to 6.13 liters of pure alcohol per person older over 15 years, French is drinking on average 13.7 liter of alcohol per year. It ranks in front of Poland (13,31) or the United Kingdom (13.41) not very far from 15.7 liters of Russia.

The degree of risk of harmful alcohol consumption varies with age, sex and other biological characteristics of the consumer. In addition, the degree of exposure to alcoholic beverages and the context in which their consumption also plays a role (Guillaume Appeloline, 2020).

Since health has no price, alcohol consumption is a social scourge. She has no longer spare. While men are the first victims of alcoholism, recent studies show that alcohol consumption in women and the young people a big increase. Some 2 billion people around the world consume alcoholic drinks. Alcohol consumption can harm both health and social relations. The nature and intensity of its effects depend on both total amount of alcohol consumed in time and consumption habits (Okubo, OP.CIT).

Alcohol consumption is a global problem that compromises as well as the social development as that of the individual. It causes 2.5 million deaths each year and also leads to damage that go beyond and the physical and psychological health of the drinker. For this purpose the good and health of the driver's surroundings is also reached (Jileill y; op.cit).

A drunken person can hurt others or the exposures to the risk of circulation or violent behavior, or have behavior with damaging effects on colleagues, family environment, friends or foreigners. Thus the impact of the harmful use of alcohol is deep in society.

The alcohol is the third risk factor of morbidity and disability in the world, it's too. The main risk factor in Western Pacific regions and America and the second in Europe.

On the other hand, 320,000 young people aged 15 to 29 in the world are linked to alcohol, responsible for 9% of deaths in this age group. In the pregnant woman the alcohol consumption can lead to an alcoholic syndrome prejudicial to the health and development of the newborn (Guillaume Appellar, OP.CIT).

It should be noted that alcohol consumption is not entirely represented in national registers or in surveys, including particularly by production by non-state and individuals.

Therefore, national alcohol consumption is often largely underestimated, particularly in the developing country and Europe in the eST by a global report on drugs. (Initial Nation Office 2012). PerAR against the multiplicity of private companies that manufactures lesser the high rate of consumers and risks that this substance is for the company (Magrinelli Orsi M, 2012).

The traditional beverages made are locally, especially in Africa, these are often cheaper than the manufactured industrial drinks. Due to lack of control, they may contain harmful substances that may favor Certain exlent death, blindness orthediseases.

Once times, traditional beverages generally have a poorly known alcohol rate and play a significant socio-economic role in local communities, among young people aged 15 to 29S, CE rate climbs up to 9%.

According to a new report published by WHO (2005), policies must be more widely applied if you vhad to save lives and reduce the impactson the health of nobility alcohol consumption.

If the mortality rate is well on link to alcohol absorption WHO also takes into account collateral damage to assess the number of deaths related to these substances. TheNacious consumption is "excessive use to the point of cause health problems and often includes negative social effects". Among the violence around his entourage, non-protected sex or absenteeism at work.

A mortality directly related to alcohol that also differs in population categories. According to WHO in 2011, both sexes are not equal to alcohol 6.2% of men deceive because of their consumption or castrate damage Cast 1.1% of women. In France, this gap is reduced to 4.54% and 1.07% of statistics the Russia figures or a five-fleece dies because of alcohol.

No continent, is spared by the acquiscious acquis. Since the 1960s, in black Africa, the joint enthusiasts of the manufacturer's manufactured alcoholic beverages contributes to a vertiginous increase in the number that is added to a strong traditional consumption. This is how the pure-aluminic consumption by a heading increased by 41.6% between 1960 and 1980.

With a high mortality rate of 15.3% and a life expectancy at the birth of 48ians, Cameroon, large central African countries of 16.4 million people living in huge sanitary problems charged to high alcohol consumption.

In the DRC, no one is spared by the acquiscia of the alcohol, since the 1960s, the craze of the population for the manufactured alcoholic beverages contributes to a vertiginous increase in the numbers of breweries and distilleries. This alcohol greedy is added to a strong traditional consumption (Mukunaand Ohandjo,2014).

Thus, the alcohol consumption by head has increased substantially and this is native to the several disasters, there is also a high rate of alcohol-related mortality of 15.3% while life expectancy at birth is low 48 years. Overall the RDC, large central African countries knows huge sanitary problems charged to high alcohol consumption (Mukuna, op.cit).

## II. Methods

This study is carried out in The town of Lemba, Kinshasa City in the Democratic Republic of Congo. The suburbs submitted were encountered in their residence outside of any condition of drunkenness. The size of the sample is 115 people.

The investigation method and the Interview Technique We have revenue the data. The informations obtained were compiled using the software Exceland the results are present in the form ofgraphics.

## III. Discussion

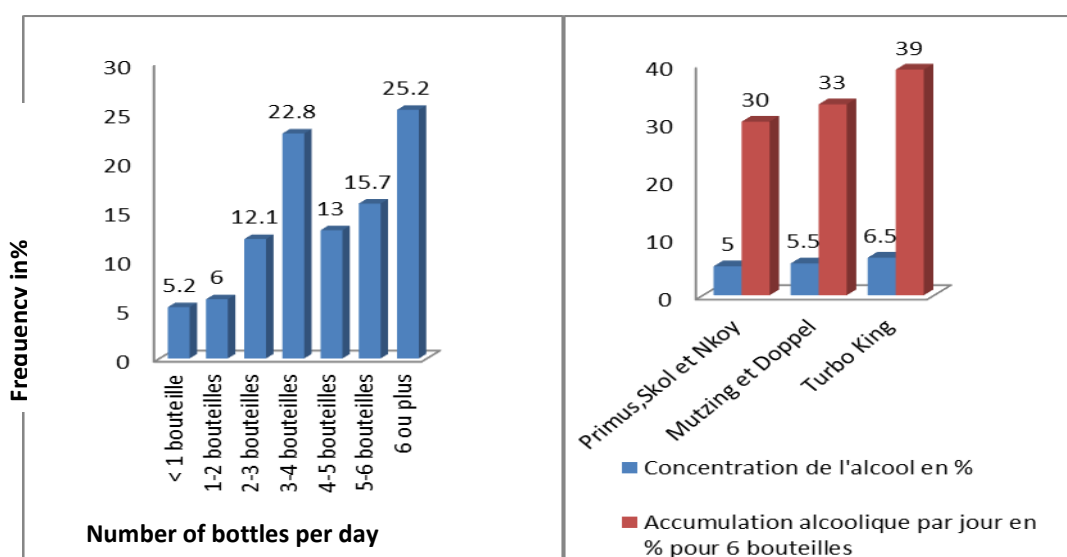
### 3.1 Frequency of Consumption of Alcoholic Beverages

The results of this study are focused on the following aspects: the quantity (the number of bottles) of beer consumed by daysand the presence of symptoms of cardiopathy in the same consumers. We retain in this study six categories of alcoholic beverages reported by the interviewed interviews: Primus, Skol, Nkoy, Mutzing, Doppel and Turbo King.

In addition, liquors often consumed in small quantity but ascent ascent; It is revealed this study that 25, 2% consumesixbottles of beer or more; 15.7% Take Cinqsix bottles;13% four to five bottles;22,8%three to fourbottles;12.1% two to threebottles;6% one to twobottlesand 5.2% less of a bottle per day.The connection ofNumber of bottles consumed by days andThe nature of the alcoholic beverageshows an accumulation in alcohol in the body oflarge consumers (more than 6 bottles),of the order of:

- 30% if it's prima, skol and nkoy;
- 33%for Mutzig and Doppel;
- 39%forTurbo King.

This strong accumulation of alcohol in the body would be at the origin of several diseases of the circulatory system in this population. The dthe above are the subject ofgraphics 3.1.and 3.2.



**Figure 1.** Distribution of respondents according to the number of bottles consumed per day

**Figure 2.** Relationship between consumed beer and alcoholic accumulation in the body

In the light of these two graphs, we find that the accumulation of alcohol in organism is proportional to the number of bottles and the type of beer consumed per day. We consider in this study as the population at risk the great consumers of the beer (4 to 6 bottles per day).

### 3.2 Relationship between Alcoholism and Cardiopathies

The search for cardiopathic symptoms in consumer alcoholic beverages interviewed reveals 48.7% of subjects with the precursive signs of any heart disease either 20.9% hypertension sign, 14% of palpitations idiopathic; 7.8% of vertigo and 6% samples of hypotension.

The concentration of alcohol in the body is all the more important that the subject seeks to achieve its pleasure that corresponds to the autonomous motivation and relieve his feelings that corresponds to the controlled motivation that tends to the exit of relief (Magrinelli Orsi; 2012). Figure 3 and Figure 4. Present presently cardioaphical symptoms in the respondents.

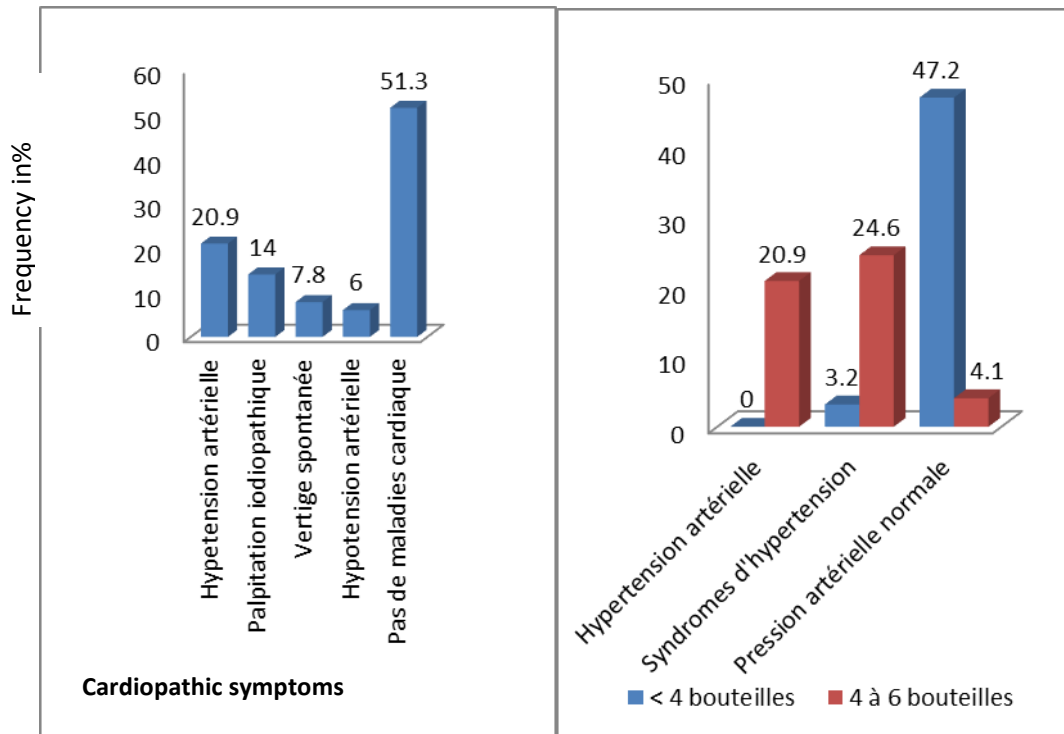


Figure 3. Frequency of Symptoms Cardioaphical in Investigated

Figure 4. Relationship between Debricity and Incense Hypertension

We consider in this study the criterion of the World Health Organization (WHO) which is the beginning of high blood pressure when the diastolic pressure obtained in the investigation is greater than or equal to 90 mmHg (millimeter of mercury).

Moreover, see that The four signs above reflect a dummyution of blood circulation in the respondents; which promotes the occurrence of heart disease in the population (Figure 3). In Figure 4; The risk of high blood pressure is More important when the number of bottles of alcoholic beverages is high. The study shows 20.9% of hypertensive subjects for large consumers. In the same category 24.6% have hostensions masked against 3.2% in moderate consumers. Blood blood pressure was normal in 47.2% in moderate consumers compared to 4.1% among major consumers.

Our results corroborate to the choice of choquet that states that 'Most classic effect among the alcoholics is the reduction of Cellor of the arteries by inhibition of arterites, this beneficial effect is a bit controversial because he is of the futolares qUi are molecules present in many alcoholic drinks. Which promotes in a long-distance traffic remote blood. Therefore, the Happiness high blood pressure is quite regularly found, and alcohol is considered to be the first cause of HY Artery permensary (Chocquet M. 1996).

On the venous system, alcoholic beverages aggravate the venous pain and heroid problems. This favors among the great alcoholics Anti damage to the heart of muscle muscle to heart failure and death (C. Eccanti M, Sasso GF, NOCENTE A, et al.; 2005).

He is est establishes that dyears many cases, hypertension and arterite translate into lSsp palpitations who manifest themselves after the taking some alcoholic beverages that the subject considers like a slightest trouble, which also promotes a long-term evolution of huspency housing hidden (S Tranges S, Wu T, Dorn JM, et al.; 2004).

The formidable consequence in the Community are the spontaneous hypertension crises and unpredictable deaths that result in a sudden heart debit for most alcoholic persons.

These results do not depart from those of Alain Cerole which states that in the short term and when consumed at important doses, alcohol causes a state of drunkenness and can lead digestive disorders Nausea, vomiting. Drinking a large amount of alcohol in a can cause a significant rise in the alcoholization rate, which then decides on the amount of due. Only this time makes it possible to lower. It takes one hour averaging an average of absorbed glass if we drink without eating, alcohol passes faster in the blood and its effects are larger (Alain Cerole; 1998).

Long Terms Regular consumption, when it is excessive (or beyond the thresholds of 2 to 3 glasses per day), increases the risk of many pathologies: cancers (including mouth, the esophagus throat), between outrage); Liver diseases (cirrhosis) and pancreas cardiovascular disorders, high blood pressure, nervous system diseases and psychic disorders (anxiety, depression, behavioral disorders).

#### **IV. Conclusion**

Excessive consumption of alcoholic beverages remains a real public health problem in the Democratic Republic of Congo especially in Kinshasa. We are in the municipalities of the city of Kinshasa the cases of the sub-death deaths, sometimes sunshine hypertense crises whose background are still convenient US. That's why we say that this abuse of alcohol is one of the causes heart disease that translate into ofes Hypertensive deaths and crises without previous.

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