



6 July 2007

[home](#)

[your health](#)

[opinions forum](#)

[contact](#)

[XML](#)

Archive Search
[advanced searches >>](#)

Medical Dictionary
[full medical dictionary](#)

[Alcohol & Drug Rehab](#)

12 Step Private Residential Centre
Well proven affordable recovery
www.serenityhouse.co.uk

[Rentacar Granada](#)

Confirmación inmediata de
reservas de alquiler en Granada
lastminute.com

[Stop Drinking Excessively](#)

Learn about a whole new way to
change the way your brain works
www.mywayout.org

[Granada Airport car hire](#)

Ford Ka from £53 week Car Hire of
the year 2006
www.carjet.co.uk

News Categories

[Alcohol / Addiction / Illegal Drugs](#)
[Abortion](#)
[Acid Reflux / GERD](#)
[ADHD](#)
[Aid / Disasters](#)
[Alcohol / Addiction / Illegal Drugs](#)
[Allergy](#)
[Alzheimer's / Dementia](#)
[Anxiety / Stress](#)
[view all news categories](#)

Navigation Links

[Home](#)
[About Us](#)
[Advertising](#)
[News Archive Search](#)
[RSS/XML News Feeds](#)
[Free Website Feeds](#)
[Free Tools & Content](#)
[Medical Jobs](#)
[Weekly Newsletters](#)
[Tell a Friend](#)
[Links](#)
[Accessibility](#)
[Contact Us](#)

Health Professionals

[Breast Cancer](#)
[Cardiovascular](#)
[GI](#)
[Prostate Cancer](#)
[Psychiatry](#)
[Respiratory](#)
[Learning Resources](#)
[Urology](#)

Patient Resources

[Asthma](#)
[Blood Pressure](#)
[Breast Cancer \(Patient\)](#)
[Heartburn](#)
[Migraine](#)



Clinical Trials

Medical Terms

[Alcohol / Addiction / Illegal Drugs News](#)

[Useful Links](#)

[Video Library](#)

Alcohol Abuse Is Hereditary

Main Category: [Alcohol / Addiction / Illegal Drugs News](#)
Article Date: 05 Jul 2007 - 11:00 PDT
| [email to a friend](#) | [printer friendly](#) | [view or write opinions](#) |

According to a study by the research group "Alcoholism and drug addiction", of the University of Granada (Universidad de Granada), although there are no specific reasons to become an alcoholic, many social, family, environmental, and genetic factors may contribute to its development. Thanks to this study, researchers have shown that the lack of endorphin is hereditary, and thus that there is a genetic predisposition to become addicted to alcohol.

Beta-endorphin is a kind of "morphine" released by the brain in response to several situations, such as pain. In this way, beta-endorphins can be considered "endogenous analgesics" to numb or dull pains.

Researchers have focused on the low beta-endorphin levels in chronic alcohol abusers. According to José Rico Irlés, lecturer of Medicine of the UGR, and head of the research group, this low beta-endorphin level determines whether someone may become an alcoholic. When a subjects' brain with low beta-endorphin levels gets used to the presence of an exogenous surplus, then, when its own production stops, a dependence starts on the external source: alcohol.

Who may become an alcohol abuser?

A total of 200 families of the Southern Spanish province of Granada participated in the research. There was at least one chronic alcoholic parent in each family. From birth, each subject presented predetermined beta-endorphin levels. However, children of this population group aged between 6 months and 10 years old, registered lower beta-endorphin levels than other children of the same age. "These levels were even lower in children whose both parents were alcohol abusers", the researcher states.

According to researcher, although alcohol consumption does not affect all people in the same way, differences in endorphin levels make some subjects more vulnerable to alcohol. Therefore, they are more likely to become alcohol dependent.

Beta-endorphins constitute a useful biological marker to identify specifically those subjects who have a higher risk of developing alcohol abuse, the research claims.

Regarding the results of this study, professor Rico states the following: "alcohol-abuse prevention must consist of locating and identifying genetically predisposed subjects." More campaigns for children and teenagers should be launched before these young people make contact with alcohol. Alcohol awareness is fundamental to prevent addiction, the researcher affirms, because alcohol is a drug with reversible effects up to a point.

In relation to the "botellón culture" (gathering in the streets to drink with friends), José Rico states that some of these "social drinkers" could have low beta-endorphin levels and, therefore, a higher predisposition to become "solitary drinkers" and to develop alcohol abuse.

Article adapted by Medical News Today from original press release.

Reference

Prof. José Rico Irlés. Department of Medicine, University of Granada.

Contact: Professor José Rico Irlés
[Universidad de Granada](#)

[Alcohol & Drugs Policy](#)

To control misuse in the workplace Purchase,
download and use
www.clickdocs.co.uk

[Ofertas vuelos a Granada](#)

Comparamos precios entre aerolíneas para que
vuelas desde 20€
www.eDreams.es

Article Also Appears In
[Genetics](#)

[Ads by Google](#)

0
diggs

[digg it](#)

[newsletter](#)
[alerts](#)

[rate this article](#)

[Stop Drinking Excessively](#)

Learn about a whole new
way to change the way
your brain works
www.mywayout.org

[Rentacar Granada](#)

Confirmación inmediata de
reservas de alquiler en
Granada
lastminute.com

[Alcoholism](#)

Information on unhealthy
alcohol use
www.HealthPolitics.org

[New Colonial Style Hotel](#)

In the heart of Granada,
Nicaragua
pool,a/c,tv,internet,parking.
www.hotelplazacoln.com

[Better Than Dopamine](#)

Use Brain Switch To Have
Your Depression Cured In
3 Minutes
www.3-minute-cure.com

[Cosmetic Surgery UK](#)

MySpa Clinics are a
Cosmetic Surgery company
based in the UK who offer
Breast Enhancement,
Liposuction and Breast
surgery services.

[Stem Cells in Baby Teeth](#)

Protect your familys future
health. by storing life-saving
stem cells

[Add Your Link Here](#)

[< back to top](#)

How Interesting Was The Article?

(1 = low. 5 = high)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I Am A:

-- Please Select --

Avg Ratings:
Not Yet Rated.

[Post an opinion on this article](#)

Today's Video



[Healthy Eyes On The Computer](#)

- View the latest [Alcohol / Addiction / Illegal Drugs News](#).
- Back to [latest medical news headlines](#).
- Get medical news headlines weekly with our [e-mail newsletter](#).
- Huge database of [hospitals world wide](#) .

Contact Our Medical News Editors

For any corrections of factual information, or to contact the editors please use our [feedback form](#).
Please send any medical news or health news press releases to: pressrelease@medicalnewstoday.com