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“Alcohol withdrawal is worse than withdrawal from other drugs,” Bergeson stressed. “Opioids are terrible to 
withdraw from but they generally don't kill you. People die from alcohol withdrawal, while overdose is a 
more common cause of death with opioid use disorder.” 
 
The alcohol we drink is ethanol, and though it can be consumed and enjoyed responsibly, it is still a poison 
like some other alcohols (e.g., methanol, ethylene glycol and isopropanolyl). In high doses, ethanol is a 
depressant and a person can die from an acute overdose. Bergeson said this happens more commonly in 
college where kids who may be on their own for the first time try to keep up with peers who are more