

Alcohol & Chemical Dependence

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Objectives

- Increased awareness of alcohol and chemical dependence problems
- Hallmarks of addiction
- Diagnostic tools
- When do you refer?
- What happens during inpatient detox?
- Other helps? (Self-help groups)

Alcoholism and Drug Dependence

- America's #1 health problem.
- Strains the health care system, the economy, family life and threatens public safety.
- Causes more deaths and disabilities than any other causes
- 18 million have alcohol problem.
- 5-6 million have drug problem

Economic Costs of Drug Abuse

- Healthcare Cost \$13 Billion
- Other Cost \$33 Billion
- Productivity Loss \$102 Billion

Overall Cost \$148 Billion

Alcohol Abuse: statistics

- At-risk drinking 17-19% in primary care setting
 - 14 drinks / wk or 4+ drinks / for men
 - 7 drinks / wk or 3+ drinks / for women
- * Lifetime prevalence of alcohol abuse: 13.5%
- * Prevalence of current problems 5-20 %
- * Binge drinking: 24% of men, 9% of women

Narcotic Abuse: statistics

- Narcotic Rx from ER increased from 95-02
- Hydrocodone 160%
- Oxycodone 560%
- Methadone 176%
- Morphine 116%

Hallmarks of Addiction

- Denial
- Co-existing mental illness
- Tolerance
- Physical dependence
- Withdrawal symptoms

Definitions

- Drug / Substance Abuse:
- Maladaptive pattern of substance use leading to significant impairment of distress, as manifested by one or more of the following within a 12 month period:
- Failure to fulfill obligations at work, school or home
- Use of substance in situations in which it is physically hazardous
- Recurrent substance-related legal problems
- Continued substance use despite having persistent or recurrent social or inter-personal problems caused or exacerbated by the effects of the substance

Definitions

- Psychological dependence:
 - an attribute of all drugs of abuse.
 - centers on the user's needing the drug in order to reach a feeling of well-being.
- Physical dependence:
 - body has achieved physiological adaptation to chronic use of a substance, with withdrawal symptoms when the drug is reduced or stopped.

Definitions:

- Tolerance:
 - A state of adaptation with ability to tolerate higher and higher doses of the drug, or need for a larger dose to achieve the same effect produced earlier by a smaller dose of a given drug.
 - The development of tolerance to one drug in a class usually indicates the presence of cross tolerance to other drugs of the same class.

Definitions

- Withdrawal:
 - appearance of physiological symptoms when use of a drug is decreased or stopped abruptly.
 - Commonly seen in opioids and other CNS depressants including alcohol, benzodiazepines and barbiturates.

Alcohol Screening Test: CAGE

- C: Have you ever felt you ought to cut down on your drinking?
- A: Have people annoyed you by criticizing your drinking?
- G: Have you felt bad or guilty about your drinking?
- E: Have you ever had a drink in the morning (eye opener) to steady your nerves or get rid of a hangover?

Alcohol Screening Test: TWEAK

- Tolerance: How many drinks can you hold? Or how many drinks does it take before you begin to feel the first effects of the alcohol?
- Worried: Have close friends or relatives worried or complained about your drinking in the past year?
- Eye openers Do you sometimes take a drink in the morning when you first get up?
- Amnesia: Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?
- Kut Down: Do you sometimes feel the need to cut down on your drinking?

Management of Withdrawal

- Alcohol Withdrawal
- Sedative-Hypnotic Withdrawal
- Opioid Withdrawal
- Cocaine Withdrawal

Alcohol Withdrawal Symptoms

- Seizures
- Hallucinations
- Delirium Tremens

Relapse Prevention

- Outpatient counseling:
 - Physician, Counselor / Therapist, Minister
- Alcoholics Anonymous:
 - Self-help group
- Medications:
 - Disulfiram
 - Naltrexone
 - Acamprosate

Resources:

American Academy of Addiction Psychiatry: www.aaap.org

American Society of Addiction Medicine: www.asam.org

Narcotics Anonymous: www.na.org

National Clearinghouse for Alcohol and Drug Info:
www.health.org

National Institute on Alcohol Abuse and Alcoholism: www.Niaaa.nih.gov

National Institute on Drug Abuse www.nida.nih.gov

National Institute on Mental Health www.nimh.nih.gov

National Library of Medicine: www.nlm.nih.gov