

Addiction



Presented
by



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Definitions

Habituation

- The person can choose to stop successfully if they want . (coffee)
- The psychological/physical component is not an issue as it is with an addiction. (emotional, psychic)

Tolerance

- The same dose of drug will **NOT** cause the previous effect.
- The person increase the amount of drug intake to achieve the previous effect.

Dependence

- is development of withdrawal symptoms after use of a substance is stopped.
- Dependence is characterized by tolerance.

Addiction

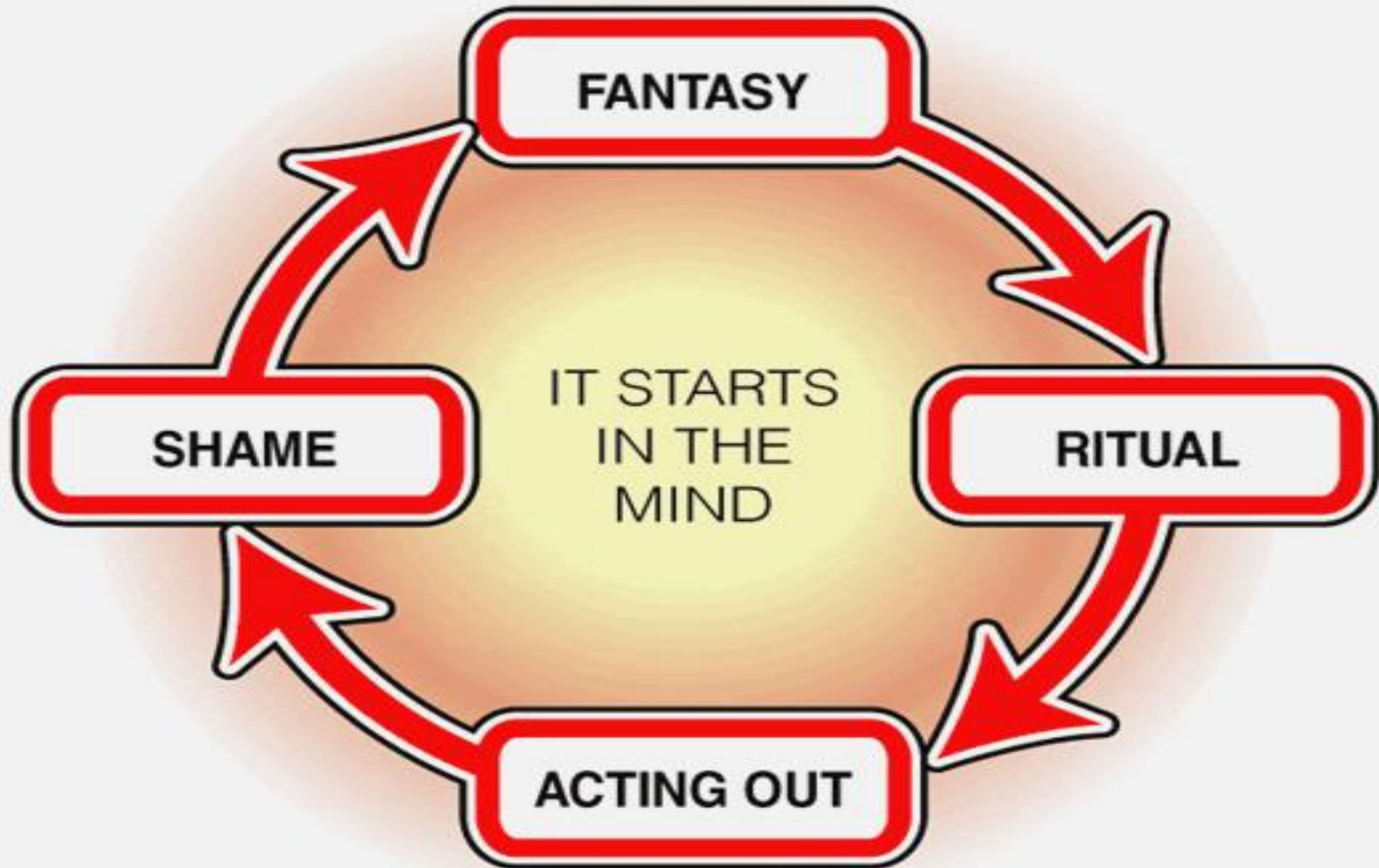
- Physical and Psychological dependence on Psychoactive substances which cross the blood-brain barrier , temporarily altering the chemical milieu of the brain.
- A primary, chronic disease of brain reward, motivation, memory and related circuitry.
(The American Society of Addiction Medicine)

Substance dependencies

- Alcohol
- Opioid
- Sedative, hypnotic (including benzodiazepine and barbiturate)
- Cocaine
- Cannabis
- Amphetamine
- Hallucinogen (Phencyclidine)
- Inhalant
- Nicotine



The Addiction Cycle



Causes

- Genetics
- Person's environment
- Mental illness/condition
- Peer pressure
- Loneliness
- The nature of the substance
- Age
- How the body metabolizes the substance
- Gender



Signs of addiction

- 1- Extreme mood changes (happy, sad, excited)**
- 2- Sleeping a lot more or less than usual, or at different times of day or night**
- 3- Changes in energy (extremely tired or energetic)**
- 4- Weight loss or weight gain**
- 5- Unexpected and persistent coughs or sniffles**
- 6- Seeming unwell at certain times and better at other times**
- 7- Pupils of the eyes seeming smaller or larger than usual**
- 8- Lying , Stealing , Changes in social groups**

Addiction Symptoms

- Substance use is considered addictive if the person has three or more of the following signs during a 12-month period:-

- Tolerance

- (1) increased amounts of a substance
- (2) the effect of a substance is diminished with continued use of the same amount

- Withdrawal

- (1) characteristic withdrawal symptoms
- (2) taking the same substance relieves or avoids the withdrawal symptoms.

- greater quantities or for longer periods than intended.
- persistent desire to cut down on use of the substance, but he failed
- substance use is continued even though some other persistent physical or psychological problem (for example, an ulcer made worse by alcohol)

Treatment

1- Medical Treatment

- Medical detoxification is needed for some addictions such as severe alcohol abuse.
- Medications are an important element of therapy for many patients.
- A nicotine replacement product (such as patches or gum) or an oral medication can be an effective component of therapy for people addicted to nicotine.

2- Other Therapy

- Behavioral therapy or counseling may be used to Improve interpersonal relationships.
- Family therapy is often important, especially for adolescents.

3- Prevention

- Talking about the negative effects of alcohol and drugs may help guide them.
- The person must learn new behaviors so he can avoid the trigger or refuse to turn to drugs.

4- Support Groups and Counseling

- Support groups are available by the Internet for any kind of addiction, whether it is an addiction to drugs or an addiction to a certain behavior.
- Counseling (individual and group) is often an essential part of treatment and prevention of relapse.

Complications of addiction

- **Health** - mental/emotional as well as physical health problems.
- **Coma, unconsciousness , accidental injuries , death**
- **Some diseases** - AIDS or hepatitis
- **Relationship problems** - family breakups.
- **Child neglect/abuse**
- **Unemployment, poverty and homelessness**
- **Problems with the law**

Manifestations of opiate withdrawal

Stage (I)

Drug craving and anxiety.

Stage (II)

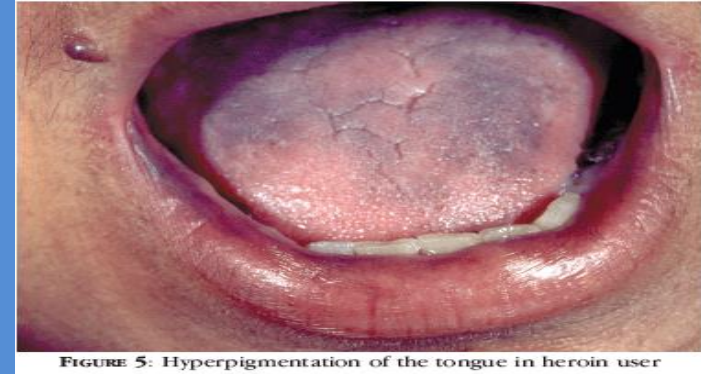
Yawning, mydriasis , lacrimation , rhinorrhea , cold skin diaphoresis, tachycardia, hypertension, piloerection .

Stage (III)

Nausea, vomiting, diarrhea, abdominal pain, Myalgia , muscle spasm and twitching.

Stage (IV)

Fever, dehydration, hyperglycemia , spontaneous ejaculation, orgasm and leucocytosis .



Treatment

- **Methadone and levo -alpha- acetylmethadol (LAAM)**

it can be prescribed for individuals addicted to heroin or other opiates.

- **Behavioral therapy or counseling**

it may be used to Improve interpersonal relationships.

- **Family therapy**

Cocaine

Severe anxiety, paranoid, psychosis, depression, extreme itching (cocaine bugs), halo-lights around the objects and hallucinations .

Amphetamine

A- Hallucinations (tactile, visual and olfactory) .

B- Paranoid psychosis .

C- Malnutrition .



Chronic barbiturate poisoning

- 1- Tremor, cerebellar affection (ataxia), slurring speech and amnesia .
- 2- Skin rash .
- 3- Renal affection (hematuria, proteinuria) .

Withdrawal symptoms

Nausea, vomiting, abdominal cramps , anorexia, orthostatic hypotension, insomnia, anxiety, delirium, tremor, ataxia and convulsions (status epilepticus may be occur) .

Barbiturate (itself) is treatment of status epilepticus of barbiturate withdrawal .

Withdrawal symptoms of benzodiazepine

- It is like alcohol and barbiturate withdrawal symptoms .

- **It is characterized by the following :-**

Nausea, vomiting, loss of appetite, weight loss, agitation, insomnia, headache, photophobia, diaphoresis, seizures , night mares, tremor and palpitation .

Treatment of withdrawal symptoms

- 1- Long acting benzodiazepine or barbiturate .
- 2- Tricyclic antidepressant drugs .

Manifestations of alcohol withdrawal

Delirium tremens

Tremor, agitation, confusion, disorientation, autonomic over-activity, arrhythmia, visual hallucination, delirium and convulsions .

Treatment

- Benzodiazepine.
- Combined phenytoin and diazepam
- Thiamine and water soluble vitamins
- Disulfiram (antabuse)



Thank you