Alcohol/Drugs: Pleasures and Problems (part 2 of 2)

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Cannabis

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Cannabis (cont’d)
Second only to alcohol as the most widely abused drug in India.
Intoxication
  impaired motor coordination
  euphoria
  anxiety
  sensation of slowed time
  impaired judgment
  increased appetite
  dry mouth
  tachycardia
Marijuana (marihuana) is a colloquial term for dried leaves and flowers of cannabis plant (*Cannabis sativa* L.)

Δ⁹-tetrahydrocannabinol (Δ⁹-THC) is responsible for the psychoactive properties of the cannabis plant

Complex physiological functions of the cannabinoid system: motor coordination, memory procession, control of appetite, pain modulation and neuroprotection

**Summary of adverse effects:**

**acute:** anxiety, panic, impaired attention, memory, reaction time and psychomotor performance and coordination, increased risk of road accident, and increased risk of psychotic symptoms among vulnerable persons

**chronic:** chronic bronchitidis, a cannabis dependence syndrome, subtle impairments of attention, short-term memory and ability to organize and integrate complex information
Hallucinogens - LSD
Altered perceptions that are dream-like
Altered sense of time
Feelings of special insight
Emotions are intensified and labile
Depersonalization
Adverse reactions include paranoia, depression, frightening hallucinations, and acute confusional state
Hallucinogens (cont’d)

Intoxication

- marked anxiety or depression
- ideas of reference
- fear of losing one’s mind
- paranoid ideation
- impaired judgment
- illusions, hallucinations, and depersonalization
- tachycardia, palpitations, tremors
- sweating
- blurred vision
Inhalants

Paint, glue, aerosol sprays, “whiteout”, gasoline
Produce mind-altering response
Drug used most by adolescents due to ready availability and low cost
Symptoms include nosebleeds, bloodshot eyes, infectious lesions around the nose and mouth, severe disorientation and unconsciousness
Chronic use results in progressive brain damage, asphyxiation, seizures, bone marrow suppression, cardiac dysrhythmias
Opium

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Heroin

- **AKA**
  - Smack, thunder, hell dust, big H, nose drops

- Most abused and the most rapidly acting of the opiates.

- **Forms**
  - Processed from morphine, a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants. Sold as a white or brownish powder or as the black sticky substance known on the streets as “black tar heroin.”
  - Although purer heroin is becoming more common, most street heroin is “cut” with other drugs or with substances such as sugar, starch, powdered milk, or quinine. Street heroin can also be cut with strychnine, fentanyl or other poisons.

- **Patterns of use**
  - Heroin can be injected, smoked, or sniffed/snorted. Injection is the most efficient way to administer low-purity heroin. The availability of high-purity heroin, however, and the fear of infection by sharing needles has made snorting and smoking the drug more common.

- **Dangers**
  - Because heroin abusers do not know the actual strength of the drug or its true contents, they are at risk of overdose or death.
  - Heroin also poses special problems because of the transmission of HIV and other diseases that can occur from sharing needles or other injection equipment.
Opioids

- Narcotic analgesics
  - Sedative effect
  - Desensitizes user to physical and psychological pain

- Can cause physiological and psychological dependence

- Induces sense of euphoria
  - Drug’s pleasurable effect on the CNS promotes abuse

- Effects include lethargy, indifference to the environment
Opioids (cont’d)

Intoxication

Apathy and dysphoria
Psychomotor agitation or retardation
Impaired judgment
Drowsiness
Slurred speech
Impairment in attention or memory
Can be fatal

Respiratory depression
Coma
Death
Opioids (cont’d)

Withdrawal

Develops after cessation of, or reduction in, heavy and prolonged use of an opiate or related substance
Dysphoric mood
Nausea/vomiting/diarrhea
Muscle aches
Lacrimation
Sweating
Abdominal cramping
Insomnia
Fever
The Cold Turkey Method

- About eight to twelve hours after the last heroin use, an addict's eyes begin to tear and he/she starts to experience flu-like symptoms: sneezing, weakness, depression, muscle cramps, nausea, vomiting, diarrhea. The symptoms increase in severity over two to three days.

- Within a week to 10 days the illness is over.

- The phrase 'cold turkey' probably comes from the appearance of goose bumps all over the body, which resembles a plucked turkey. Muscle spasms in the legs produce kicking movements, and this may be the derivation of the expression 'kick the habit.'
Sedative-Hypnotics (cont’d)

- Intoxication
  - slurred speech
  - incoordination/unsteady gait
  - nystagmus
  - impaired memory; stupor/coma

- Withdrawal
  - diaphoresis; nausea/vomiting
  - increased heart rate
  - psychomotor agitation; hand tremors; seizures
  - insomnia
  - hallucinations/illusions
AMPHETAMINES

- AKA:
  - Speed, Meth, Ice, Crystal, Chalk, Crank, Tweak, Uppers, Black Beauties, Glass, Bikers Coffee, Methlies Quick, Poor Man's Cocaine, Chicken Feed, Shabu, Crystal Meth, Stove Top, Trash, Go-Fast, Yaba, and Yellow Bam

- Intoxication like cocaine (24-48 h)
  - As a powerful stimulant, methamphetamine, even in small doses, can increase wakefulness and physical activity and decrease appetite. A brief, intense sensation, or rush, is reported by those who smoke or inject methamphetamine. Oral ingestion or snorting produces a long-lasting high instead of a rush, which reportedly can continue for as long as half a day.

- Withdrawal (see cocaine-peak 2-4d-wk)
  - Less addictive than cocaine
  - no physical manifestations of a withdrawal syndrome
  - Others include depression, anxiety, fatigue, paranoia, aggression, and an intense craving for the drug.
COCAINE

• AKA
  • Blow, nose candy, snowball, tornado, wicky stick, Perico, crack

• Epidemiology
  • M=F

• Forms:
  • Powdered, HCl salt form of cocaine can be snorted or dissolved in water and injected. Crack (free base) is cocaine that has not been neutralized by an acid to make the hydrochloride salt. This form of cocaine comes in a rock crystal that can be heated and its vapors smoked. The term “crack” refers to the crackling sound heard when it is heated.

• Concomitant use of other drugs
  • The combination of cocaine with alcohol (some studies report up to 70% of cocaine consumers) produces cocaethylene (ethylbenzoylcegonine), which has more potent proconvulsant and cardiotoxic properties than cocaine itself, coupled with a longer half-life. Heroin is also commonly used with cocaine as a “speedball” in an effort to combine a cocaine high (initial phase) with a heroin high (latter phase) of intoxication. Furthermore, nicotine dependence is reported in up to 88% of patients who use cocaine, thus adding to cocaine cardiovascular risk factors.
Tobacco use results in a true drug dependence

- Tobacco dependence exhibits classic characteristics of drug dependence

- Nicotine:
  - Nicotine is as addictive as heroin
  - Causes physical dependence characterized by withdrawal symptoms upon cessation
  - Smokers use tobacco to regulate their moods and emotions
Why do People continue to drink or do drugs despite problems?

- Biological: There is some evidence that alcoholism may be genetic.

- Psychological: Something in their thoughts and feelings causes them to drink.

- Social: How people drink is a result from what is going on in their society. Whether they are taught that drunkenness is acceptable or not.
Major treatment objectives of substance recovery include:

Detoxification
- 1st step in the recovery process
- should occur in safe, supportive environment
- may include substitution therapy

Intermediate Care
- identification of causes of dependency

Rehabilitation
- health promotion/maintenance; outside support
- identification of alternative sources of satisfaction

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Treatment modalities for substance-related disorders include:

Client/family education
Support groups
Pharmacotherapy
Counseling
Group therapy
Psychopharmacology for substance intoxication and substance withdrawal
Treatments

- Drugs: Antabuse is most common. Makes a person ill if they drink with this in their system.

- Talking Cures: psychologists, trained counselors.

- Alcoholics Anonymous (AA): World-wide organization where alcoholics talk about what their drinking did to them and their families.
Disulfiram (Antabuse)
Inhibits metabolism of alcohol in the body, producing an uncomfortable, potentially life-threatening reaction to alcohol exposure
Taken daily and lasts in the body for up to two weeks

Acamprosate (Campral)
Maintenance of abstinence from alcohol
Ineffective in clients who have not undergone detoxification and not achieved alcohol abstinence prior to initiation

Concomitant use with psychosocial therapy
Catapres
Assists heroin abuser through detox
Non-opiate antihypertensive that partially blocks withdrawal symptoms, but does not completely remove unpleasant feelings associated with withdrawal
Naltrexone (ReVia)
Does not produce “narcotic high”
Non-habit forming
“Replaces” heroin or other opiates by binding to the same receptors in the brain that produce feelings of pleasure
Methadone
Synthetic opioid used for treatment of heroin addiction
Given orally and absorbed slowly so that it does not produce “rush” associated with IV heroin use
Alleviates opioid cravings for a short time
Dose gradually reduced during detoxification, and client is not told how much of the drug they are being given
Use is highly controversial due to “trading one addiction for another”
Nicotine Gums/patches/lozenges/sprays given for nicotine dependence

Narcan
Opioid antagonist
Counteracts dangerous respiratory depressant effects of heroin or other opiate overdose
When given to client under the influence of an opiate, the individual may experience acute withdrawal symptoms
Alcoholics Anonymous
Women for Sobriety
female alcoholics
Al-Anon
families of alcoholics
Adult Children of Alcoholics (ACOA)
Narcotics Anonymous
Fresh Start
nicotine addiction
Pills Anonymous
polysubstance addiction

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Responsible drinking messages

• Don’t force people to drink more than they should or would like to.

• Likewise don’t feel you have to drink because others are.

• Avoid rounds where possible

• Drink soft drinks

• Have some food in your stomach before drinking

• Drinking and drugs not a good idea!

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THANK YOU