

ADDICTION 2018



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<https://youtu.be/SMUJ2L6R7X4>

WHO?



HOW? WHY?

- ▶ Chronic pain
- ▶ On physician prescribed opioids
- ▶ Opioids cut-off (KASPER)
- ▶ Heroin
- ▶ 80% heroin addicts started with a legal opioid prescription



<https://americansaddictioncenters.org/rehab-guide/truck-drivers/>

- ▶ Injured high school athletes



- ▶ Prescription opioids to play with the pain



ADVERSE CHILDHOOD EXPERIENCE

Associated With

Poor physical health, mental health, drug addiction & risky behaviors

- ▶ **TRAUMA:** physical, emotional, psychological, sexual
- ▶ **NEGLECT:** " HOLE IN THEIR SOUL "

Brain Reward



Pleasure Center

Normal small amounts of Dopamine



ADDICTION: Hijacks the Brain

- ▶ Is a compulsive dependence and use of a habit forming substance (heroin, opioids, nicotine, alcohol)
- ▶ Is characterized by well defined withdrawal symptoms and the development of tolerance to the addicting drug
- ▶ Results in continued use in spite of adverse physical, mental and legal consequences
- ▶ Is a chronic and relapsing disease
- ▶ Dopamine mediated
- ▶ Addictive substances (opioids)
Have similar mechanisms of action

Addictive Process

- Video games
- Cell phones
- Gambling
- Pornography
- Shopping
- Sex
- ETC

TOLERANCE:

- ▶ Is present when a substance gradually loses its potency requiring more for the same pleasurable effect.

WITHDRAWAL:

- ▶ Symptoms occur after a substance has been removed
- ▶ Examples:
 - ◊ Caffeine / Nicotine
- ▶ Opioid withdrawal:
 - ◊ Depression
 - ◊ Anxiety
 - ◊ Abdominal pain / diarrhea
 - ◊ Hyperesthesia (skin sensitivity)
 - ◊ Chills / palpitations "Flu x 4"

CRAVING:

- ▶ A need for the substance; a learned behavior from experiencing the drug and the ritual surrounding its use.
- ▶ The memory of the drug is permanently implanted in the instinct brain (hippocampus) and is potentiated with each use.
- ▶ Craving occur later after cessation of substance abuse, brought on by "triggers".
- ▶ Craving is similar to the feeling of deprivation of food and water for several days.
- ▶ Craving and withdrawal are different but both contribute to the phenomenon of drug relapse.

NATIONAL STATS of DEATHS in 2016

- ▶ Drug Overdoses: Approx. 65,000
- ▶ Automobile Accidents: 37,757
- ▶ Gun Deaths (suicide/homicide): 36,252

RISK FACTORS

- ▶ Genetics
- ▶ Personality Types
 - ▶ Sensation seeking
 - ▶ Impulsivity
 - ▶ Anxiety sensitivity
 - ▶ Hopelessness
- ▶ Age of first use
- ▶ Availability
- ▶ Trauma
 - ▶ Physical
 - ▶ Emotional
 - ▶ Psychological
 - ▶ Sexual
- ▶ Coping with the stress of trauma

PREVENTIVE FACTORS

- ▶ Family Support
- ▶ Positive Role Modeling
- ▶ Encouragement
- ▶ Spirituality

Brain Reward

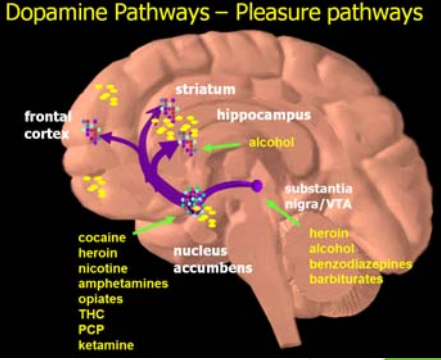


Pleasure Center

Normal small amounts of Dopamine



Dopamine Pathways – Pleasure pathways



frontal cortex

striatum

hippocampus

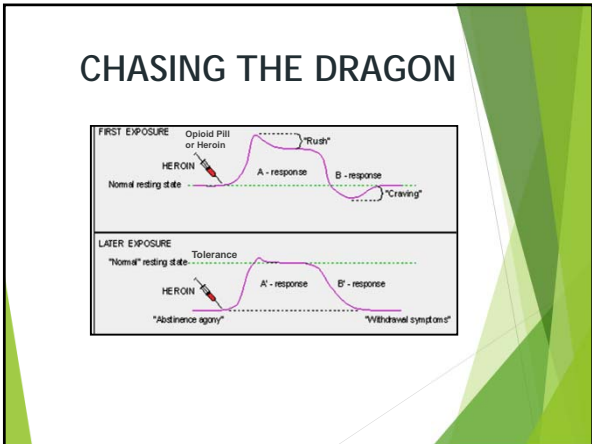
nucleus accumbens

substantia nigra/VTA

alcohol

heroin, alcohol, benzodiazepines, barbiturates

cocaine, heroin, nicotine, amphetamines, opiates, THC, PCP, ketamine





ADDICTION IS NOT AN HONORABLE DISEASE

STIGMA
SHAME
GUILT
ISOLATION
RATIONALIZATION

**BARRIERS
TO
TREATMENT**



**Contact
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