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Substance Addictions

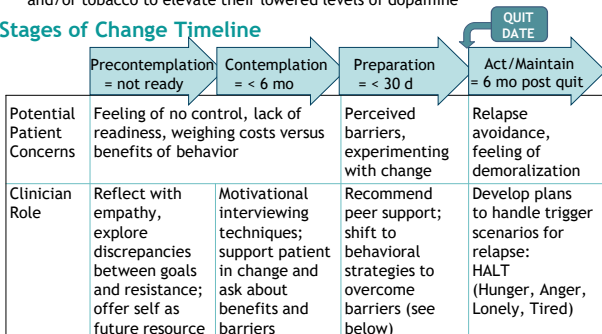
Risk Factors for Chemical Dependency

- | | |
|---|---|
| <input type="checkbox"/> family history of addiction (child or sibling of addict) | <input type="checkbox"/> high-risk scenarios (gangs, sex-trade, raves) |
| <input type="checkbox"/> abuse survivors (physical, emotional, sexual) | <input type="checkbox"/> other addiction (gambling, internet, additional drugs) |
| <input type="checkbox"/> traumatic event or loss | <input type="checkbox"/> other psychiatric diagnosis |

Psychiatric Disorders & Substance Addiction Neurobiology

- Individuals with **anxiety** are prone to self-medicate with alcohol, heroin, and/or benzodiazepines to lower their elevated levels of norepinephrine
- Individuals with **ADHD** are prone to self-medicate with marijuana, cocaine, and/or tobacco to elevate their lowered levels of dopamine

Stages of Change Timeline



Tobacco Cessation Treatment Options

- ① **Lifestyle** - 15 minute bursts of daily moderate activity; balanced diet
- ① **Behavioral** - identify and modify triggers associated with tobacco; document strategies along with a start date; plan titration of tobacco use, craving substitution; address any modifiable risk factors listed above
- ③ **Nicotine Replacement Therapy** - gum plus inhaler; patch takes 3 days for steady state so add mouth spray (e-cigarettes may increase relapse rate)
- ④ **Medications** - Varenicline 0.5mg qD 3d, 0.5mg bid 4d, 1mg bid 11wk
Bupropion SR 150mg qD 3d, 150mg bid 4d, 150mg bid 11wk
 - Patients taking olanzapine or clozapine require antipsychotic dosage reductions of 30-40% to reduce risk of toxicity during smoking cessation
 - Patients with schizophrenia or substance use disorders have smoking rates 70-80% (versus average rate 16-20% for Canadian adults and youth); expect and empathize with an increase in relapse rate

Educational Resources

Patients: Healthy Living tab at www.healthycanadians.gc.ca and 1-866-366-3667

Clinicians: CAN-ADAPTT through www.nicotinedependenceclinic.com