

Understanding Addiction

COOAST

Justin Culshaw Student Pharmacist Class of 2020

How do you describe...

Someone with addiction

Someone with Lung Cancer

Prescription Opioids

Treatment for pain, like when recovering from sports injuries

- Vicodin (Hydrocodone/ Acetaminophen)
- Percocet (Oxycodone/ Acetaminophen)
- MS Contin (Morphine)
- Dilaudid (Hydromorphone)
- Fentanyl



Potential for danger: **BREATHING EMERGENCY**

Respect and use as instructed

Relevant

- In 2014, almost **2 million Americans** abused or were dependent on **prescription opioids**.
- As many as **1 in 4 people** who receive **prescription opioids** long term for noncancer pain in primary care settings struggles with addiction.
- **Every day, over 1,000 people** are treated in emergency departments for misusing **prescription opioids**.

Boscarino JA, Rukstalis M, Hoffman SN, et al. Risk factors for drug dependence among out-patients on opioid therapy in a large US health-care system. *Addiction* 2010;105:1776–82. <http://dx.doi.org/10.1111/j.1360-0443.2010.03052.x>

Substance Abuse and Mental Health Services Administration. Highlights of the 2011 Drug Abuse Warning Network (DAWN) findings on drug-related emergency department visits. The DAWN Report. Rockville, MD: US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration; 2013. Available from URL: <http://www.samhsa.gov/data/2k13/DAWN127/sr127-DAWN-highlights.htm>

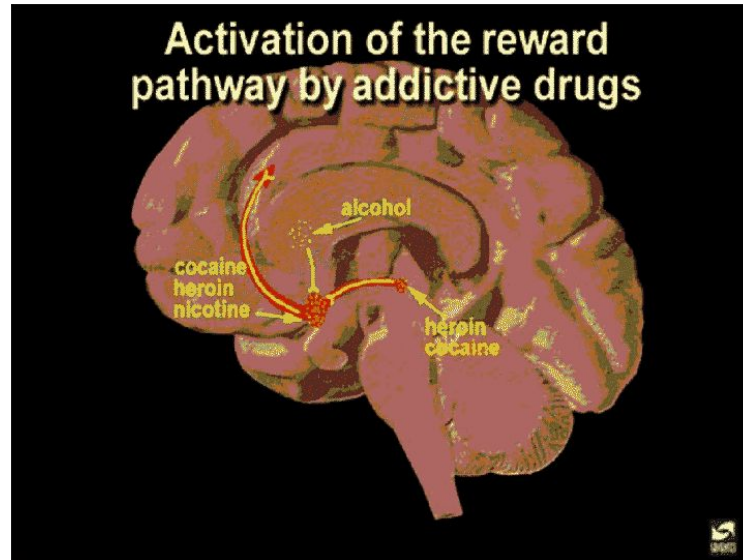
Feel the dopamine, jumping jacks!



Dopamine Reward Pathway

Your brain rewards **good behavior** with **good feelings**

Opioids hijack and **OVERLOAD** the brain with **good feelings**



Normal Dopamine



Dopamine OVERLOAD



Brainwashed to feel that **opioids** are **necessary** for life

Brain groups **opioids** with **water, food, and survival**

This is the disease of **ADDICTION**



TOLERANCE

The more you take/longer you take opioids, the more your body gets used to it

Need more drug for same effect = **opioid tolerant**

Most people are *opioid naive*

What happens if an *opioid naive* person take an **opioid tolerant** person's dose?

Overdose = **BREATHING EMERGENCY**

Give Monster Energy drink to...

coffee drinker



non-coffee drinker



Give high dose opioids to...

Opioid Tolerant

Opioid Naive



WITHDRAWAL

Not just a craving

“worse than a gunshot” or

“worst stomach virus and worst flu at the same time”

No longer rational thinker, can happen to anyone

Any long term use of opioids, illegal or legal, can result in addiction and WITHDRAWAL



Not yourself

Stage I: Up to 8 hours



Anxiety



Drug craving

Stage II: 8–24 hours



Anxiety



Insomnia



GI Disturbance



Rhinorrhea

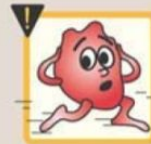


Mydriasis



Diaphoresis

Stage III: Up to 3 days



Tachycardia



Nausea, vomiting



Hypertension



Diarrhea



Fever



Chills



Tremors



Seizure



Muscle spasms

Naloxone: A Fire Extinguisher

Everyone with an opioid or who has a loved one who takes opioids should have this

Recognizing an Overdose:

-Breathing slow, turning blue, can't wake up

Respond:

-Try to wake up, call 911, give Naloxone (more than once if not responding)

Put Out Opioid Overdose



**Drug overdose
ranks as the
leading
cause of adult
accidental deaths
in the U.S.**

Information overload?

- Important to know about addiction and Rx drugs to keep you and your community safe
- Internet isn't always right! All this information is readily available with your **local pharmacist or health care provider.**



Summary

- Relevant
- Dopamine Reward Pathway- “Necessary for life”
- Tolerance- different doses or different people
- Withdrawal- not yourself
- Naloxone- A Fire Extinguisher
- Keep Informed- Don't google it, go to your local pharmacist or health care provider!

