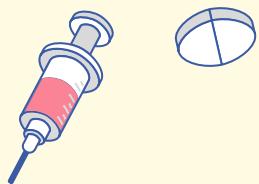


June 2021

SUBSTANCE MISUSE/ABUSE

Medical Innovations and Public Health Awareness
Michelle Cheng and Daniel Lin



TOP 10 MOST COMMON ADDICTIONS

1. Tobacco- over 40 million
2. Alcohol- 18 million
3. Marijuana- 4.2 million
4. Painkillers- 1.8 million
5. Cocaine- 821,000
6. Heroin- 426,000
7. Benzodiazepines- 400,000
8. Stimulants- 329,000
9. Inhalants- 140,000
10. Sedatives- 40,000

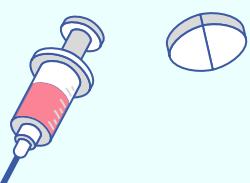




TOBACCO

Symptoms of tobacco addiction include:

- cannot stop smoking or chewing, despite attempts to quit
- has withdrawal symptoms when they try to quit (shaky hands, sweating, irritability, or rapid heart rate)
- must smoke or chew after every meal or after long periods of time without using, such as after a movie or work meeting
- needs tobacco products to feel “normal” or turns to them during times of stress
- gives up activities or won’t attend events where smoking or tobacco use is not allowed
- continues to smoke despite health problems

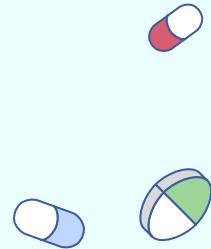


TOBACCO



Treatments include:

- **Patch**-small, bandage-like sticker that you apply to your arm or back; delivers low levels of nicotine to the body; gradually weans the body off of dependence
- **Nicotine gum**- people who are quitting smoking may have the urge to put something into their mouths; delivers small doses of nicotine to manage cravings
- **Sprays/inhaler**- gives low doses of nicotine without tobacco use through the lungs; sold over the counter
- **Medication**- certain antidepressants or high blood pressure drugs might be able to help manage cravings; commonly used is varenicline (Chantix)
- **Psychological and behavioral treatments**- hypnotherapy; cognitive-behavioral therapy; neuro-linguistic programming





TOBACCO

Effects of continued tobacco usage:

- Cancer
- Heart disease
- Stroke
- Chronic lung diseases
- Diabetes
- Fertility problems

ALCOHOL

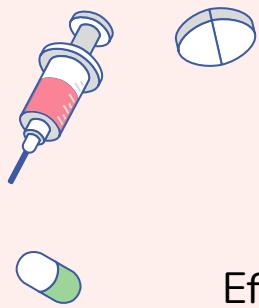
Symptoms of alcohol abuse:

- Experiencing temporary blackouts or short-term memory loss
- Exhibiting signs of irritability and extreme mood swings
- Making excuses for drinking such as to relax, deal with stress or feel normal
- Choosing drinking over other responsibilities and obligations
- Becoming isolated and distant from friends and family members
- Drinking alone or in secrecy
- Feeling hungover when not drinking
- Changing appearance and group of acquaintances you hang out with

ALCOHOL

Treatments to alcohol abuse:

- **Detoxification**- set of interventions that are designed to help someone safely and comfortably withdraw from alcohol; for any person at risk of severe, life-threatening withdrawal symptoms; may receive medications
- **Residential or Inpatient Rehab Services**- patient may live 24/7 at residential rehab or short stays of 3–6 weeks; short stays of 3–6 weeks
- **Behavioral therapies**- Cognitive behavioral therapy (CBT); Motivational enhancement therapy; Marital and family counseling; Brief interventions; Private counseling sessions

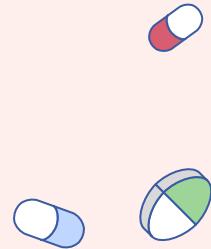


ALCOHOL



Effects of alcoholism:

- Shrinking brain
- Blackouts
- Behavior changes
- Hallucinations
- Slurred speech
- Heart damage
- Liver damage
- Cancer
- Lung infections
- Fatigue
- Pancreatitis
- Infertility
- Birth defects



SAMHSA NATIONAL HELPLINE



Substance Abuse and Mental Health
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Alcohol, Tobacco, and Other
Drugs

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NATIONAL HELPLINE

SAMHSA's National Helpline – 1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Frequently Asked Questions

What is SAMHSA's National Helpline?

SOURCES

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<https://www.apha.org/Topics-and-Issues/Prescription-Drug-Overdose>

<https://www.apha.org/Topics-and-Issues/Substance-Misuse>

<https://www.healthline.com/health/addiction/tobacco#resources>

<https://americanaddictioncenters.org/alcoholism-treatment>

Meeting concluded!

Next meeting: Vaccines

