

The Doctor's Opinion with Dr. Al

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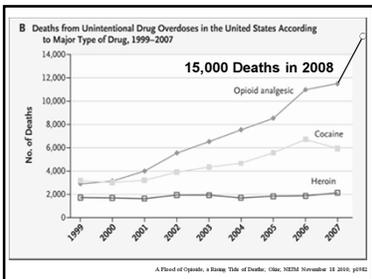
The curve of my declining moral and bodily health fell off like a ski-jump. After a time I returned to the hospital. This was the finish, the curtain, it seemed to me. My weary and despairing wife was informed that it would all end with heart failure during delirium tremens, or I would develop a wet brain, perhaps within a year. She would soon have to give me over to the undertaker or the asylum. *Alcoholics Anonymous* p. 7

Disease facts – The problem

- Fatal illness
 - 100,000 deaths annually
 - YPLL (2.3 Million) = Cancer + Heart Disease
 - >80% unanticipated deaths in community mental health
- Number 1 Health problem
 - \$466 billion annual cost of NOT treating
 - No claims data to use for policy formulation
- 7% U.S. population afflicted
- 1/3 of hospital admissions
- Family morbidity 43% (76,000,000)
- 100% increase in healthcare costs
- Primary cause of preventable birth defects
- Treatment yield of \$7 for \$1 expense
- \$39 Yield for each \$1 spent in medical settings
- Prevention reduces risk by 75%

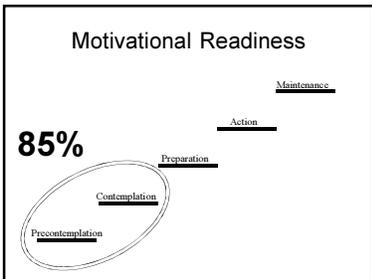
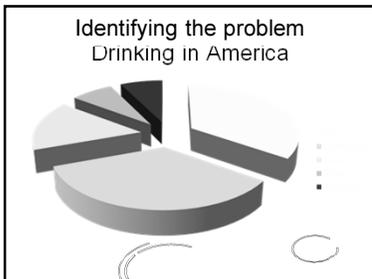
Attributable morbidity

- > 38% automobile fatalities
- > 5X risk of vehicle fatality
- > 20% suicides
- > 65% drownings
- > 70% crises in MH setting requiring institutionalization
- > 16X risk of fall mortality
- > 10X risk of fire/burn victim
- > 31% boating fatalities
- > 40% industrial fatalities



Drinking behavior in America

- > 1/3 nondrinkers
- > 1/3 occasional drinkers
- > 1/3 regular drinkers (high alcoholism risk)
- > >50% consumption by 6% adults



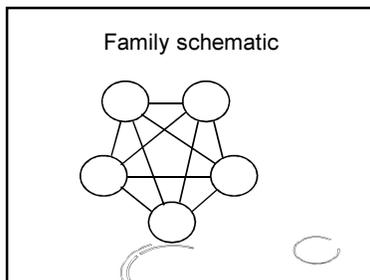
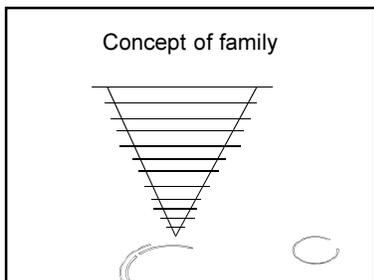
Example

Clinician's Guide – Helping People Who Drink Too Much

- > Screening, brief intervention, and referral to treatment (SBIRT)

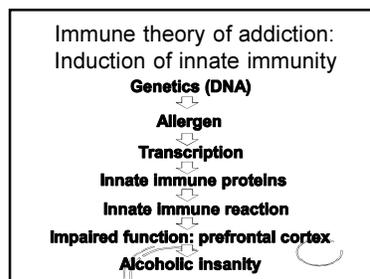
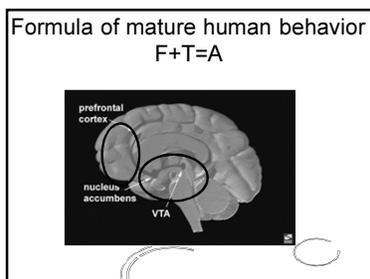
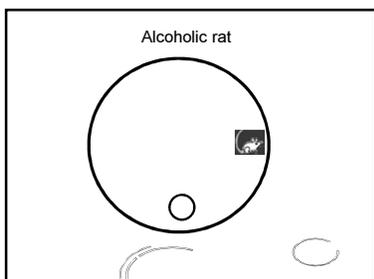
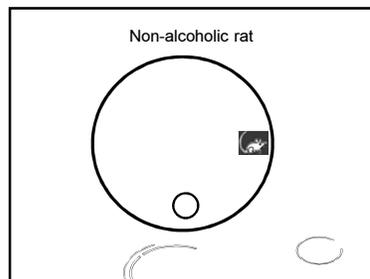
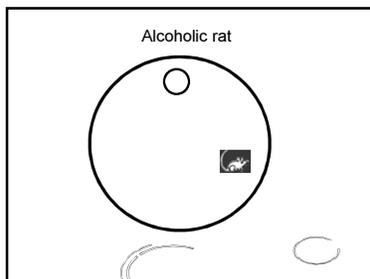
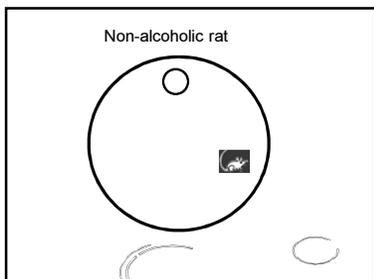
Single question screening

- > Ask:
 - "In the past year have you had 5 drinks or more in a 24 hour period of time?" (4 for women)
- > If "Yes":
 - The risky drinker needs intervention/treatment
 - ★ Call peer recovery volunteer



"The doctor's theory of an allergy interests us"

Alcoholics Anonymous – The Doctor's Opinion (1939)



Recovery Support: A Workshop to Bring Empowerment to Healing

Class Session #1: Medical Aspects
Down the hatch: the body and mood altering substances

Class Session #1 Teaching Points

1. Alcohol goes everywhere in the body
2. Alcohol has two major effects, anesthesia and irritation
3. Other drugs usually have a more focused effect on the body than alcohol depending on their mechanism of action
4. Much of the physical damage of alcohol and drugs is reversible with abstinence

Actions of alcohol

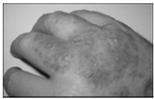
- > Anesthesia
- > inflammation

Inflammation

- > the complex biological response of tissues to harmful stimuli, such as pathogens, damaged cells, or irritants.
- > It is a protective attempt by the organism to remove the injurious stimuli as well as initiate the healing process for the tissue.

What are the symptoms of inflammation?

- > Redness
- > Swelling
- > Pain
- > Heat
- > Loss of function



Terminology for inflammation

- >itis

skin = derm

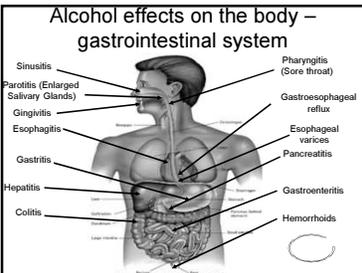


Dermatitis

Outcomes

- > Resolution
- > Chronic inflammation
- > Abscess Formation
- > Fibrosis

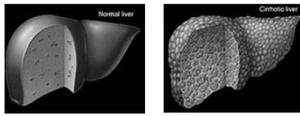
Alcohol effects on the body – gastrointestinal system



Labels on the left: Sinusitis, Parotitis (Enlarged Salivary Glands), Gingivitis, Esophagitis, Gastritis, Hepatitis, Colitis.

Labels on the right: Pharyngitis (Sore throat), Gastroesophageal reflux, Esophageal varices, Pancreatitis, Gastroenteritis, Hemorrhoids.

Cirrhosis



Cancer

- Mouth
- Throat (pharynx)
- Voice box (larynx)
- Esophagus
- Liver
- Colon and rectum
- Pancreas
- Breast

Alcohol effects on the body – nervous system

Cerebral atrophy

Alcoholic brain disease – cerebral atrophy “wet brain”

MRI of normal brain MRI of brain with cerebral atrophy

Alcohol effects on the body – nervous system

Alcohol effects on the body – cardiovascular system

Alcohol effects on the body – musculoskeletal system

Alcohol effects on the body – endocrine system

Alcohol effects on the body – sex hormones

Sex	Testosterone	Estrogen
Male	High	Low
Female	Low	High

Alcohol effects on the body – respiratory system

Effects of Cocaine

- Stimulation
- Risky behaviors
- Seizures
- Arrhythmias
- Ulcerations
- Infections by blood born pathogens



Effects of narcotics

- Infections by blood born pathogens
- Overdose
- Unfounded sense of well-being
- Impairment of body's ability to address pain and distress
- Poor decision-making
- Synergy when used with other drugs



Effects of Antidepressants

➤ Fatigue	➤ Drowsiness or confusion
➤ Dizziness	➤ Tremors
➤ Dry mouth	➤ Panic Attacks
➤ Urinary retention	➤ Insomnia
➤ Blurred vision	➤ Agitation
➤ Constipation	➤ Weight gain
➤ Headache	➤ Seizures
➤ Diarrhea	➤ Birth Defects
➤ Abdominal pain	➤ Serotonin Syndrome
➤ Impotence	➤ Withdrawals
➤ Inability to achieve an orgasm	➤ Suicidal thoughts
➤ Loss of libido	➤ Liver Failure
➤ Agitation	➤ Hypertension
➤ Anxiety	➤ Postural hypotension
➤ Nausea	➤ Lethal with MAOIs
➤ Sweating	➤ Poverty



Summary

➤ There's no place in your body left untouched by alcohol and drugs. The damage can be quick and violent. Usually things improve with recovery, but it could take years.

