

Alcohol Use Disorders and Symptom Management



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I'M NOT TELLING YOU IT IS
GOING TO BE EASY, I'M
TELLING YOU IT'S GOING
TO BE WORTH IT.

RECOVERY 101

IT WILL BE CHALLENGING.
IT WILL ALSO BE WORTH IT.

YOU WILL RELAPSE, AND THAT'S OK.
(AS LONG AS YOU KEEP FIGHTING.)

YOU MAY FEEL ALONE IN YOUR STRUGGLE.
YOU WILL HELP OTHERS WHO ARE STRUGGLING.

YOUR LOVED ONES MAY NOT UNDERSTAND,
BUT YOU CAN ALWAYS EXPLAIN.

YOU WILL HAVE GOOD DAYS AND BAD DAYS,
BUT THE BAD DAYS WILL GET FEWER.

YOUR PROBLEMS WON'T MAGICALLY GO AWAY,
BUT THEY WILL BE MANAGEABLE.

YOU MIGHT NOT FEEL DIFFERENT AT FIRST,
BUT WHEN YOU'RE DONE YOU WILL BE
HAPPIER,
HEALTHIER,
STRONGER,
AND RECOVERED.
THAT'S WHY YOU HAVE TO KEEP FIGHTING.

Resources

Alcohol Use Disorder: What is it?

Alcohol use disorder or alcoholism occurs when there is a pattern of alcohol use that ends up controlling your drinking, being too busy due to you needing a drink, and when you continue to use alcohol even though it is causing problems.

How Does it Work in Our Body?



Alcohol stimulates the release of a chemical that is found in each of our brains called dopamine. This chemical is what gives us that happy feeling. When our brain gets this much dopamine, it starts craving it, so our body will start craving it also.



Prevention and Treatment



Screening, Brief Intervention, and Referral to Treatment (SBIRT) is used to identify those at risk, prevent progression of disorder, and provide early intervention for those with a substance use disorder.

Common medications used in treatment of alcohol use disorder:

- ❖ **Disulfiram** - maintenance, relapse prevention, aversion therapy. Avoid alcohol with use. Side effects: intense nausea, vomiting, headache, sweating, difficulty breathing, confusion
- ❖ **Naltrexone** - withdrawal, relapse prevention, decreased pleasurable feelings and cravings. Side effects: nausea, headache, sedation.
- ❖ **Acamprosate** - relapse prevention. Side effects: diarrhea, upset stomach, loss of appetite, dizziness, anxiety, difficulty sleeping.

Symptoms and Treatment Management

You may have this disorder if you do any of the following:

- ❖ Drink more or longer than planned
- ❖ Spend most of your time drinking, being sick, or hungover
- ❖ Keep drinking despite the effect it has on your relationships
- ❖ Stop activities you once enjoyed just to have a drink
- ❖ Have to drink more than you used to have the same effect
- ❖ Having withdrawal symptoms when the "buzz" wears off such as: shakiness, trouble sleeping, nausea, sweating or even a seizure

Continuum of Care and Prevention

Detoxification programs
Rehabilitation
Halfway House
Partial Hospitalization Program
Intensive Outpatient Programs
Outpatient treatment
Alcoholics Anonymous

