[연수강좌]

과음환자의 약물치료

박 병 강

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Alcoholism is a chronic disease

- No cured alcoholic
- Sometimes indefinite remission
- Frequent Relapse by many life situations
  - Both good and bad

Features of alcohol-related dis.

- Few of the sx & sn are diagnostic
- Unrecognized & undiagnosed
- social stigma:

Self-delusion & denial

1. not drinking too much
2. can control their drinking.
3. need alcohol to cope with the stresses
4. a sense of normalcy only when drinking.
5. alcohol as friend and the focus of life.

Change for healing

1. Admit that they are alcoholic and they have a drinking problem
2. Truly want to stop drinking
3. Accept the fact that they must never drink again.
4. Admit that they need help to stop drinking and maintain abstinence.

Alcohol dependence

- The severe form of alcoholism
- The lifetime prevalence: 8~ 14%

American Psychiatric Association. DSM IV. APA 1994:195-204

1. Sx for problem drinking

- Nausea, dyspepsia, diarrhea, bloating
- Sweating, tachycardia
- Insomnia
- Chronic fatigue
- Erectile dysfunction
- Paresthesia
- Memory loss

2. Chemical Indicators

- BAL, Breath analysis
- GGT(Gamma-glutamyl transferase)
- CDT(Carbohydrate-deficient transferrin)
- MCV(Mean Corpuscular Volume)
- HDL cholesterol and TG

3. Accompanied by

- Other substance abuse (nicotine)
- Anxiety disorders
- Mood disorders
- Antisocial personality disorder

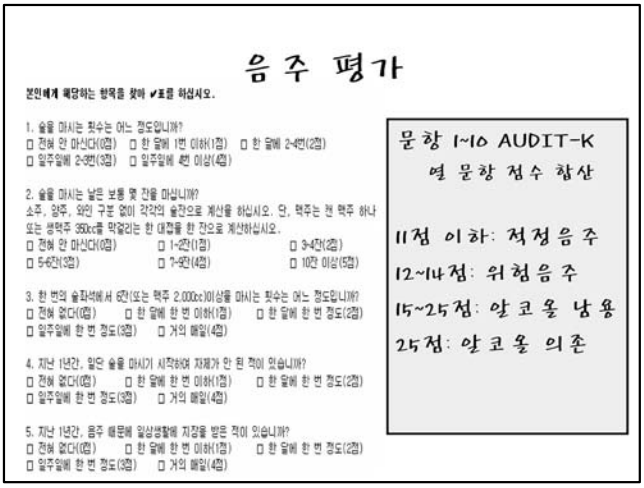
Pharmacotherapies

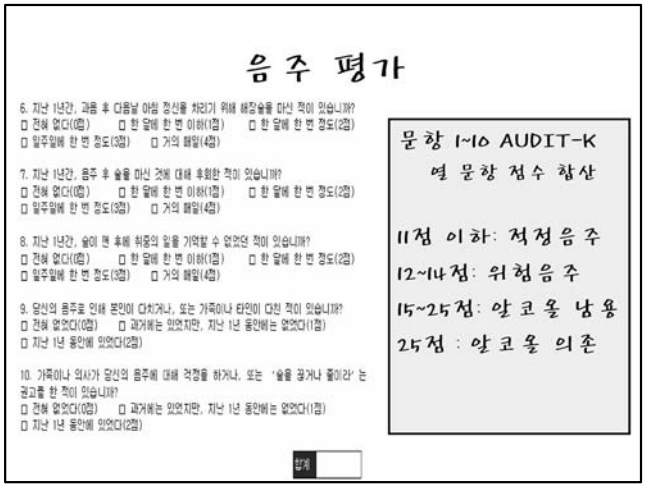
- To improve relapse rates
  - Internal factors
    - Depression, anxiety, *craving for alcohol*
  - External factors
    - Environmental triggers
    - Social pressures
    - Negative life events

알코올 표준 1잔

- 알코올의 비중 0.7893
- 알코올 표준 1잔은 12g의 알코올 포함
- 시간 당 표준 1잔씩 분해 (성인남성, 개인에 따라 3-4배 차이)

맥주 (4.5%)	소주 (25%)	정종 (15%)	포도주 (12%)	막걸리 (6%)	양주 (40%)
320cc	50cc	50cc	100cc	200cc	30cc
1캔	1잔	1잔	1잔	대접 1잔	1잔





Four zones of risk

1. 0-7: alcohol education
2. 8-15: simple advice
3. 16-19: simple advice +brief counseling +continued monitoring
4. 20-40: referral to specialist for diagnostic evaluation & treatment

A companion WHO manual, Brief Intervention for Hazardous and Harmful Drinking: A Manual for Use in Primary Care

Disease perspective

- Alcoholism is a chronic disease.
- Need to use medicine

음주 평가

위험음주 수준 이상인 수검자에게

- 금주/절주 고려단계 평가
  "금주나 절주를 진지하게 고려하고 있습니까?"
- 금주/절주 성공 확신 평가
  "금주나 절주 성공을 얼마나 확신하십니까?"
  "금주/절주를 방해하는 것은 무엇입니까?"

금주/절주 조언

- 동기유발 인터뷰
- 개인별 맞춤식 조언
  - 적정음주 수준 설명
  - 음주가 건강상태에 미치는 영향 설명
  - 지혜롭게 음주하는 현실적인 방법 제공
  - 술을 정중하게 거절하는 방법 제공

금주/절주 처방(전)

1. 음주 상태 처방
   계산된 AUDIT-K 총점
2. 금주/절주 처방
   개인 맞춤식 처방
3. 금주/절주 호전 질병 상태
   금주/절주에 대한 지속적인 동기 부여 목적
   환자의 질병 상태 파악
4. 의뢰
   알코올 남용/의존 환자
5. 주치의 이름

Problem drinking

- At-risk alcohol use
  - For women and men>=65 yrs
    - > 7 drinks/week or >3 drinks/occasion
    - AUDIT>8
  - For men
    - >14 drinks/week or >4 drinks/occasion
    - >AUDIT>4
  - In Korea
    - >AUDIT>12

한국에서 AUDIT를 통한 알코올리즘의 선별기준, J Korean Fam Med 1999;20(9)

Quantity/Frequency Questionnaire

- On average, how many days per week do you drink alcohol?
- On a typical day when you drink, how many drinks do you have?
- What is the maximum number of drinks you have had on a given occasion during the past month?

10th special report to the U.S. Congress on alcohol and health

CAGE

- Cut down
- Annoyed
- Guilty
- Eye opener

Alcohol dependence

- Tolerance
  - Withdrawal
- Loss of control
  - Persistent desire
- A great deal of time spent
  - Important activities reduced or given up
  - Continued use despite knowledge of its hazard.

Specifiers

- With physiological dependence
- Course specifiers
  - Early full remission
  - Early partial remission
  - Sustained full remission
  - Sustained partial remission
- On agonist therapy
  - In a controlled environment

Heavy drinking

- For women
  - >3~4 drinks/day
- For men
  - >5~6 drinks/day

금주/절주 처방

- 환자의 건강 또는 질병상태에 따라 일정한 금주 기간을 정함
- 일반적으로 권장되는 적정음주: 남성 1일 2잔 이내, 여성 1일 1잔 이내
- 음주 후 2-3일 간의 휴간일을 가지도록
- 알코올 의존이 있거나 폭음을 하는 경우에는 naltrexone, acamprosate 등의 처방을 고려
- 금단증상이 예상되거나 알코올 의존환자는 입원치료를 고려, 의사결정에 환자가 반드시 참여

Brief intervention

- short-term counseling strategy
- Based on motivational enhancement therapy
  - Changing pt behavior
  - Increasing pt compliance with therapy
- Socially stable problem drinker
  - Motivating alcohol-dependents
    - to enter long-term alcohol treatment
    - For abstinence

Brief interventions in a primary health care setting

1. Quantity and frequency of current drinking
2. Review personal drinking cues
3. personal risk for alcohol-related problems
4. explicit advice to reduce or stop drinking
5. Discuss patient's personal responsibility and choice for reducing or stopping drinking

Fleming MF etc. Brief physician advice for problem alcohol drinkers. A randomized controlled trial in community-based primary care practices. JAMA 1997:277:1039-45

4 session, 15 minutes, 2wks apart

6. appropriate personal timing for change

Acamprosate

- Active ingredient: Homotaurine
  - $(CH_3CO\text{-}NH\text{-}CH_2\text{-}CH_2\text{-}CH_2\text{-}SO_3)_2Ca^{2+}$
- Structurally similar materials
  - Taurine
    - $NH_2\text{-}CH_2\text{-}CH_2\text{-}SO_3H$
  - GABA
    - $NH_2\text{-}CH_2\text{-}CH_2\text{-}CH_2\text{-}COOH$
  - Glutamic acid
    - $NH_2\text{-}CH\text{-}COOH\text{-}CH_2\text{-}CH_2\text{-}COOH$

Glutamate antagonist

- NMDA-glutamate(N-methyl-D-Aspartate)
- Excitatory NT
  - Learning
  - memory

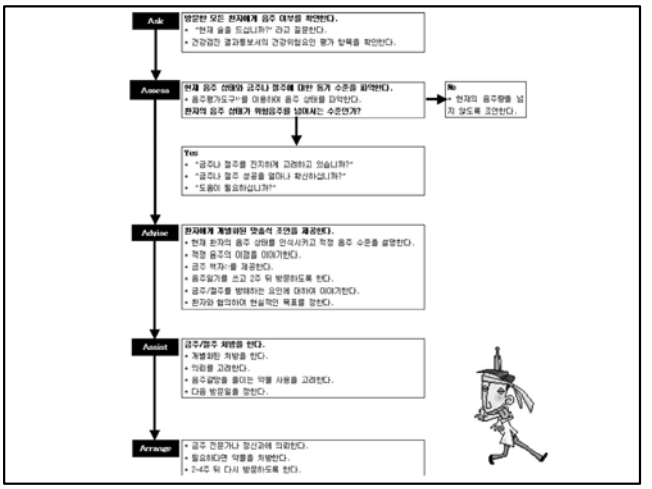
Acamprosate

1. GI absorption
2. BBB Penetration & distribution to almost all brain area
3. Reaching steady state after 7ds
4. Existence as Acetyl-homotaurine, not metabolized in the body
5. Not bound to s-protein
6. Half-life:17 hrs
7. Excretion: urine & bile acid(50:50%)
8. LD50(1.87g/kg, 340 t)

Acamprosate

- Safe & well-tolerated
  - No liver toxicity
  - Use for 3-6 months
- May almost double the abstinence
  - Cumulative abstinence day(34.3 vs 51.9 vs 56.5)
  - Craving score 0 at day 90(31 vs 57vs 58 %)

Pelc et al. Br J Psychiatry 1997;171:73-77

Prescription

- Dosage
  - > 60kg: 2t, tid
  - <60kg: 2-1-1
- Indication
  - Adults aged 18~65
  - After detoxification
- Cix
  - Preg, lactating women,
  - Renal failure
- SE
  - Diarrhea, abd, Pain, headache, pruritus