



Realities of Drug Addiction

Cocaine Use Disorder

- ◆ Cocaine Use Disorder is the **compulsive use** of cocaine despite its medical, emotional, psychological, and behavioral consequences.
- ◆ In the U.S., approximately 2 million people **regularly** use cocaine and 1.5 million people use it **compulsively**.

- ◆ Cocaine, commonly referred to as coke, crack, and blow is a highly addictive central nervous system stimulant drug. As a street drug, cocaine appears as a fine, white, crystal powder or it can be in the form of a whitish rock crystal. Drug dealers often mix cocaine with cornstarch, flour, or other substances to increase their profit from selling the drug.
- ◆ Cocaine can also be mixed with other drugs including opioids. Fentanyl is a synthetic opioid that has been added to many different drugs and has fueled overdoses. Adding additional drugs to cocaine without knowing of the additives increases the risk of overdose and death.
- ◆ The only legal form of cocaine is that which is used by healthcare professional with anesthesia. Recreational use of cocaine is illegal.

Statistics from the Center for Disease Control and Prevention Annual Report of Drug-Related Risks and Outcomes for Cocaine:

- ◆ In 2018, an estimated 5,529,000 persons aged 12 years and older, reported cocaine use in the past year.
- ◆ In 2016, an estimated 8,617 ED visits occurred for cocaine overdose.
- ◆ In 2016, an estimated 20,090 hospitalizations occurred for cocaine overdose.
- ◆ In 2017, there were 13,942 cocaine related overdose deaths.
- ◆ Deaths involving cocaine increased by 30.1% annually from 2012 to 2017.

Risk Factors for Cocaine Use and Cocaine Use Disorder:

Genetics: Plays a significant role in cocaine use disorder. Statistics show the genetic risk for women is as high as 65% and as high at 79% for men.

Environmental: Lower socioeconomic status, living in an environment where drugs are available or used, hanging out with people who deal or use drugs, and peer pressure.

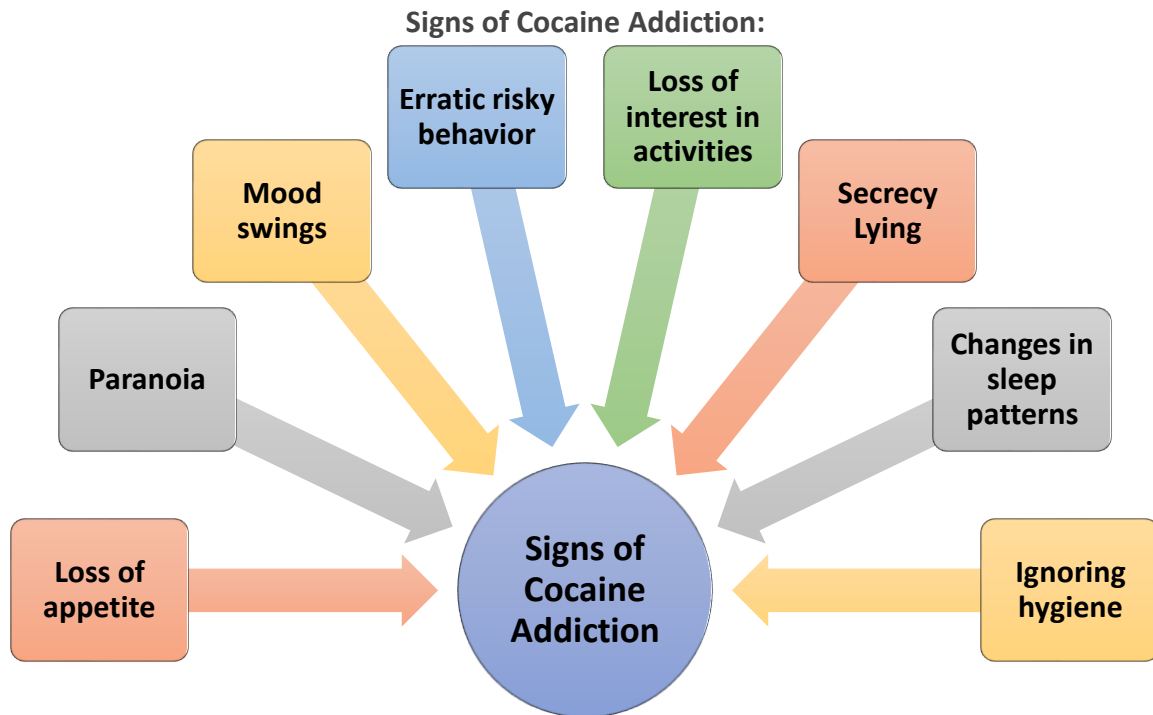
Behavioral: Impulsive, risk-taking, and defiant behavior.

Mental Health: ADHD, depression, anxiety, mood disorders, etc

Trauma: Traumatic childhood experiences (abuse, neglect, abandonment, etc)



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- ◆ Cocaine can be inhaled by smoking it, injected into a vein, snorted, or rubbed onto the gum.
- ◆ Because the effect of cocaine does not last long, an individual will take frequent doses to get the euphoria or high. They can build up a tolerance to cocaine requiring them to use the drug more frequently or take larger doses. This can lead to addiction and increases the risk of overdose, medical complications, and death.

Onset and Duration of Intense Euphoria or High:

- ◆ **Smoking and Injecting cocaine into a vein:** It takes approximately 10-15 seconds to feel the rush or intense euphoria. The effect wears off in approximately 5-15 minutes.
- ◆ **Snorting cocaine:** Takes 1-3 minutes to get the feeling of the high. The effect wears off in approximately 15-30 minutes.
- ◆ **Rubbing cocaine onto the gums:** Takes 1-3 minutes to get the feeling of the high. The effect wears off in approximately 15-30 minutes.

The Binge: Individuals may binge on cocaine where they use the drug repeatedly in increasing doses. ***This is dangerous and can cause complications*** such as paranoid psychosis with a loss of reality and hallucinations, as well as heart arrhythmias, heart attack, high blood pressure, and stroke.



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Complications from Long-Term Cocaine Use	
◆ Irregular heart rhythms	◆ Open sores on skin from scratching
◆ Heart attack	◆ Psychosis - Paranoia
◆ High blood pressure	◆ Insomnia
◆ Stroke	◆ Nutritional deficiencies
◆ Damage to kidney, liver, and lungs	◆ Weight loss
◆ Infections from IV use (HIV, Hepatitis, etc)	◆ Overdose
◆ Erosion of nasal tissue from snorting	◆ Death

Cocaine Withdrawal:

As the high from the cocaine lessens and the level of cocaine drops, withdrawal symptoms occur. Typically, these symptoms are not medically dangerous, but they can be uncomfortable. Acute withdrawal lasts about 1-2 weeks but may be longer for some individuals. Post-acute symptoms can last for months.

Some Common Symptoms of Cocaine Withdrawal:

◆ Irritability & restlessness	◆ Strong cravings	◆ Feeling depressed
◆ Mental exhaustion	◆ Feeling uncomfortable	◆ Lack motivation
◆ Physical exhaustion	◆ Excessive sleepiness	◆ Poor concentration
◆ Increased appetite	◆ Vivid dreams	◆ Lack feelings of pleasure

Treatment Options:

Step 1: Detox

- ◆ This is a medically supervised program where withdrawal symptoms are managed and an individual's medical condition is monitored for changes or complications.

Step 2: Inpatient Rehab Program

- ◆ A comprehensive inpatient rehab program can provide services that help in the recovery from a cocaine use disorder. The program should be based on psychosocial treatment since currently there are no approved medications for treating cocaine use disorder.
 - **Individual, group, and family counseling**
 - **Cognitive Behavioral Therapy:** Teaches an individual to find a connection between thoughts, emotions, beliefs, and behavior to increase awareness of inaccurate or negative thinking so an individual can respond to challenging situations more effectively.
 - **Motivational Interviewing:** Targets ambivalence towards behavior change by providing incentives and motivation towards accomplishing goals.
 - **Contingency Management:** The most widely use contingency management program is a voucher-based reinforcement therapy where individuals receive vouchers for meeting goals and can redeem them for specific items.
- ◆ **Out-patient Program:** Provides continuation of therapy services as an out-patient.



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