Substance Abuse and TB

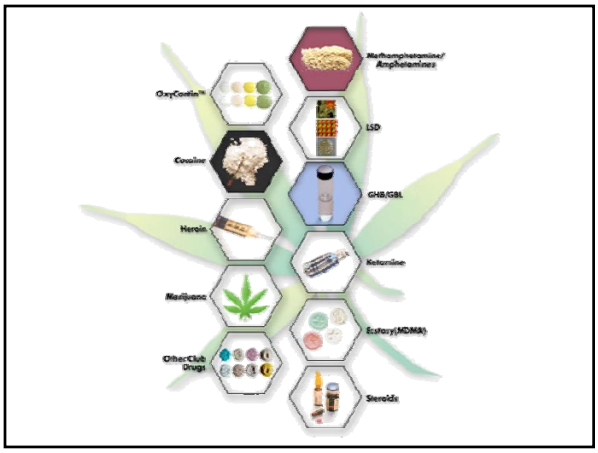
presented by

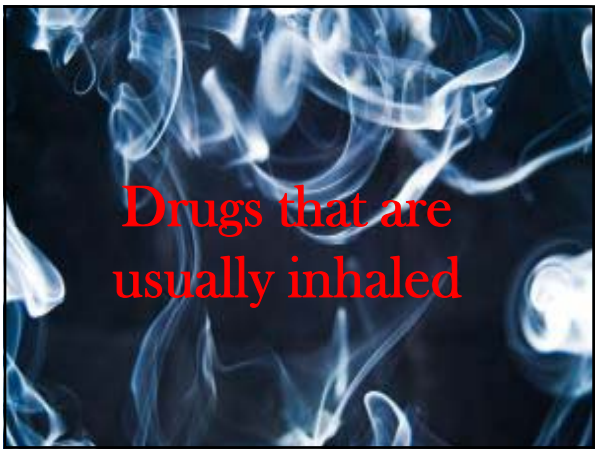
Norfolk Community Services Board

May 19, 2011

Overview

- Brief review of commonly abused drugs
- Overview of cycle of substance abuse
- Impacts upon overall health/environment
- Warning signs and symptoms of drug use
- Connection with TB and other diseases
- Treatment challenges and strategies
- Community Resources
- Questions/Comments




Drugs that are
usually inhaled

Tobacco
Smokers Lung
Healthy Lung
Heart

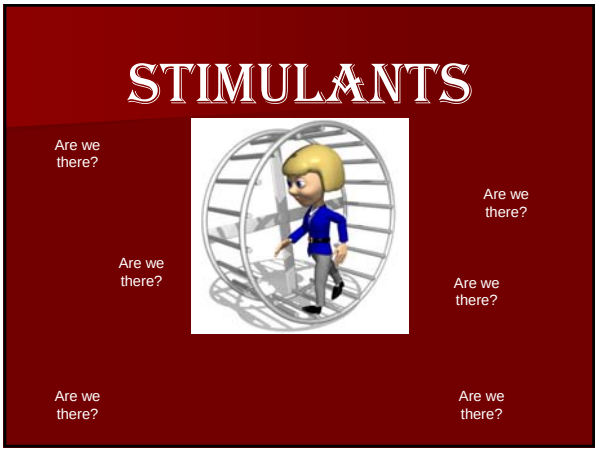
MARIJUANA
Cannabis Sativa

CRACK

METHAMPHETAMINE

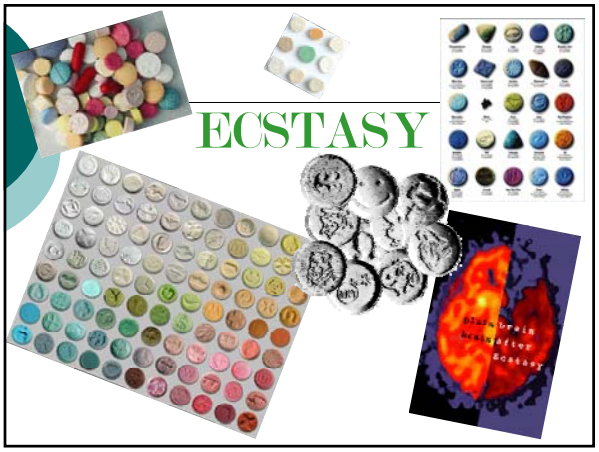
SPICE
Spice
Spice

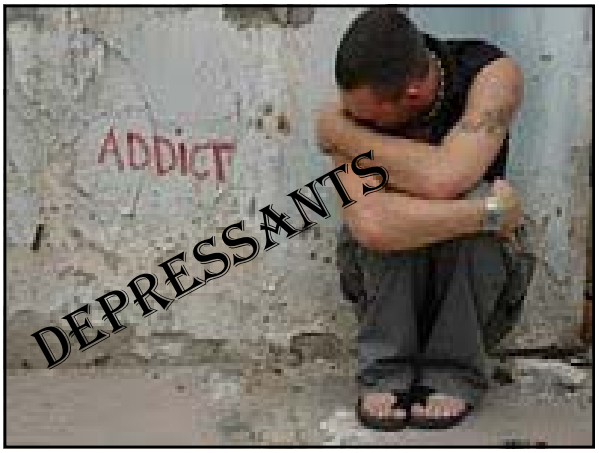
INHALANTS:


STIMULANTS
Are we there?
Are we there?
Are we there?
Are we there?
Are we there?
Are we there?

1998
2002
Methamphetamine

COCAINE


ECSTASY


ADDICT
DEPRESSANTS

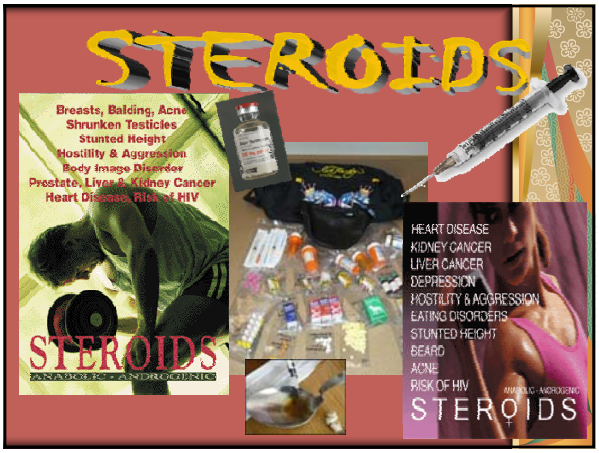
HERON

ALCOHOL

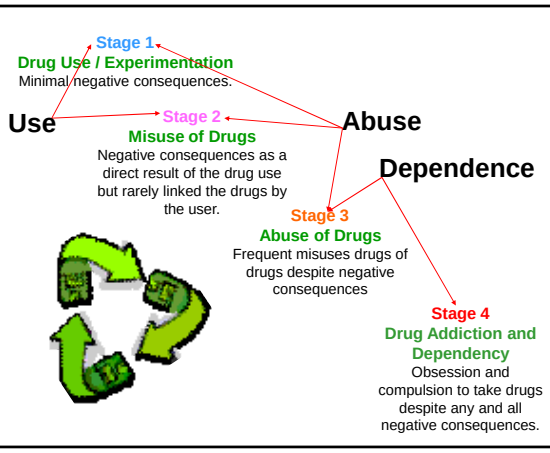
GHB, ROHYPNOL & KETAMINE

Other Drugs commonly used for:

Self Medication
Escape
Recreation



Then there are drugs paid for By Insurance…



Effects

- Addiction
- Slow and slurred speech
- Slow gait
- Constricted pupils, droopy eyelids, impaired night vision
- Vomiting after first use and at very high doses
- Decreased sexual pleasure, indifference to sex
- Inability to concentrate
- Reduced appetite
- Constipation
- "Nodding off" (at high doses)
- Respiratory depression or failure
- Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected
- Dry, itching skin and skin infections
- Medical complications possible from adulterants found in street drugs and the non-sterile practices of injecting
- Skin, Lung and Brain abscesses, endocarditis (inflammation of the lining of the heart), hepatitis and AIDS
- Death from overdose

WITHDRAWAL SYMPTOMS

- Watery eyes
- Runny nose
- Yawning
- Sweating
- Restlessness
- Irritability
- Loss of appetite and/or nausea
- Tremors
- Drug craving
- Severe depression
- Vomiting
- Elevated heart rate and blood pressure
- Chills, alternating with flushing and excessive sweating
- Pains in the bones as well as muscle spasms of the back and extremities
- WITHOUT INTERVENTION, the syndrome will run its course, most physical symptoms will disappear in 7 – 10 days

What is the Connection between Substance Abuse and TB?

Substance Abuse is the *most commonly reported behavioral risk factor* among TB patients

SA & TB Closely Linked

- **About 19% of people with TB in the U.S. REPORT abusing drugs or alcohol**
- **Of those born in the U.S. with TB, 29% REPORT substance abuse**

Substance Abuse and TB

Drug users are a high risk group for TB—higher prevalence of latent TB infection and TB disease

- Illicit drug use is associated with other factors: **tobacco use, homelessness, alcohol abuse, HIV and incarceration**—all pose greater risk of TB
- Drug use negatively impacts the immune system: TB patients who abuse substances are **more contagious and remain contagious longer**; also take longer to achieve a negative culture and are at **increased risk for mortality**

Substance Abuse and TB

Drug users (injection users in particular) have driven TB epidemics in some countries

- Injecting drug use is the **major route of TB transmission** in most of world
- TB **control efforts are often ineffective** with those who use illicit drugs or abuse alcohol

TO TREATMENT OF TB AMONG SUBSTANCE ABUSERS

Control of TB requires *effective identification* of TB cases followed by *effective treatment*

Drug users pose a unique set of challenges to this strategy:

- Unstable lifestyle
- Lack of primary care or health insurance
- Perceived stigma around SA and TB
- Lack knowledge about TB and fail to recognize symptoms
- Drugs may suppress cough reflex and recognition of illness
- Wait to present for treatment until after symptom onset, which can increase transmission rate and/or lead to more severe disease
- Reluctant to seek or complete medical evaluations
- Fail to return for reading of TB tests
- Difficult to adhere to treatment; fear of narcotic withdrawal if hospitalized
- May be confused about prevention methods (believe condom use or bleaching needles can protect against TB infection)

Issues with TB medications

- TB treatment medications may increase risk of drug induced hepatitis if co-infected with viral hepatitis or HIV (especially among current alcohol users)
- Some TB meds increase drug clearance and reduces the half-life of a wide range of drugs, altering the effects of the "high"-requiring **more drugs** to maintain an altered state

The "CHALLENGE"

- **Drug users are at high risk and contribute to the spread of TB worldwide**

- **Failure to complete treatment is one of the greatest obstacles in TB control**

Suggested Strategies

- **Collaboration** and **coordination of services** across agencies and treatment providers
- **Training** focused on TB and Substance use for personnel **across agencies**
- **Revised policies** to allow **holistic approach to treatment** to address both TB/SA in existing programs/activities
- **Easier access** to services and **ongoing treatment support** for continuity of care
- Provide **education/information** to consumers with goal of **empowering them to make healthier choices**

Key Interventions for Control of TB

- All persons working with drug users should be **aware of TB & HIV risk factors and symptoms**
- **Improve case finding protocols** for TB & HIV for organizations working with drug users
- Ensure **access** to all appropriate TB & HIV treatment for drug users
- **Isoniazid preventive therapy** (IPT) to prevent active TB in drug users with HIV
- **Directly observed therapy** (DOT) for improved treatment adherence among drug users with TB
- **TB infection control** in congregate settings, including prisons

SUBSTANCE ABUSE RESOURCES

- Virginia Association of Community Services Boards (VACSB): www.vacsb.org : list of CSBs throughout Virginia for treatment services
- Substance Abuse and Mental Health Services Administration: www.samhsa.gov
- National Institute on Drug Abuse: www.nida.nih.gov
- National Center on Addiction and Substance Abuse: www.casacolumbia.org
- Substance Abuse & Addiction Recovery Alliance: www.saara.org
- Department of Behavioral Health and Developmental Services: www.dbhds.virginia.gov
- www.streetdrugs.org : for detailed information on various drugs
- www.rxlist.com : prescription drug information
- www.cdc.gov/nchs/fastats/druguse.htm

Substance Abuse Resources

Self-Help Organizations

- Alcoholics Anonymous (AA)
  (757)224-1234
  www.aavirginia.org
- Narcotics Anonymous (NA)
  (757)622-1126 (crisis line)
  (888)677-8810 (main number)
  www.tidewaterareana.org
- Alanon & Alateen *(for family members of substance users)*
  (757)563-1600

Questions/Comments