

NEPENTHE

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NORTHWEST PREVENTION CONFERENCE

September 17 and 18, 1981, a regional, skill-building conference will be held in Seattle, titled, "Alcoholism and Drug Abuse in the Northwest: Developing Prevention Strategies". The agenda will begin with a presentation by Robin Room, Ph.D., Director of the Social Research Group at University of California, Berkeley, and Chairman of NIAAA's Prevention Branch.

The conference is designed to provide a forum in which the latest primary and secondary prevention strategies can be discussed, and/or demonstrated. Researchers and specialists will present reports of their efforts to implement and evaluate their own programs, covering a wide range of topics:

Bill Baynes, of Pacificon Productions, San Francisco, and Larry Wallack, Senior Research Analyst of the Social Research Group, Berkeley, CA, will preview videotapes to be used in NIAAA's 1982 media campaign; Roberta Ferrence, Ph.D., Scientist with the Addiction Research Foundation of Toronto, Canada, will address the implication of sex differences in patterns of substance abuse; Dorothy Jones, Ph.D. with the University of Alaska will deliver the results of an NIAAA-funded prevention research project in Alaska; Russel Duswicz, Ph.D. from the Research for Better Schools program, Philadelphia, PA, will lead a discussion of the implementation and impact of an alcohol and drug abuse prevention project in the state of Georgia; a panel made up of the directors of the Center for Disease Control-funded risk reduction projects in the state of Washington will focus on prevention of alcohol and tobacco use among students; Clay Roberts, Larry Gregory, Armand Mauss, and Lance Sobel will discuss Educational Service District 121's alcohol and drug curricula, and the impact of these prevention efforts.

University of Washington faculty who will be presenting at the conference include: David Hawkins, Professor of Social Work and Center for Law and Justice; Steven Schinke, Director of Social Service, School of Social Work; Alison Young, Assistant Director of the Pregnancy and Health Program, Psychiatry and Behavioral Sciences; Molly Mettler, School of Social Work; Ruth Little, Director of the Alcoholism and Drug Abuse Institute; and Betty Blythe, Coordinator of Social Work Research, School of Social Work.

This list does not include all of the presentations, but provides an idea of the scope and quality. The conference is being co-sponsored by the Alcoholism and Drug Abuse Institute, Comprehensive Care Corporation, Newport Beach, CA, Raleigh Hills Hospital, Spokane, Safeco Insurance, Seattle, and Schick's Shade! Hospital, Seattle.

For registration information, contact Nancy Sutherland at the Alcoholism and Drug Abuse Institute, (206) 543-0937.

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* *Nepenthe* (ni-pen-the), n. (l. Gr. *nepenthes*, removing sorrow; ne-, not + *penthos*: sorrow, grief) 1. a drug supposed by the ancient Greeks to cause forgetfulness of sorrow; 2. anything causing this state.

STUDY OF ALCOHOL ABUSE AND EPILEPSY UNDERWAY

Clinicians who treat alcoholics know that these patients are more likely to have seizures than non-alcoholic patients. Seizures may occur while the patient is drinking, or when he or she stops. When the seizures continue on a regular basis, a diagnosis of epilepsy is frequently made. Epilepsy is a very serious condition that not only interferes with many areas of the patient's life, but which can be fatal.

Some cases of epilepsy begin early in life, while others first occur in adulthood. There are several known causes of epilepsy, but in many cases the exact cause is impossible to determine. Alcohol abuse over a long period can cause epilepsy, although the connection is sometimes indirect. For example, alcoholics may have accidents while intoxicated which can, in turn, result in chronic seizures. No one knows what proportion of cases of epilepsy are in fact linked to alcoholism.

A team of investigators affiliated with ADAI--Ruth Little, Kathleen Smith-DiJulio, Judy Blumhagen, and Alison Young--has been working at the Veterans Administration Hospital in Seattle to determine how often new cases of epilepsy develop as a direct or indirect result of alcoholism. They have reviewed the medical records of 150 patients in the VA Seizure Clinic to find out the number of cases for which there was no known medical cause. They have also interviewed the patients about the circumstances surrounding the onset of their seizure disorder. Of the 150 patients studied, nearly half had no known medical cause for their epilepsy. Among these cases with no known cause, about half (47%) were abusing alcohol when the seizures began.

The researchers feel that these findings support the hypotheses that alcohol abuse may be an important factor in the onset of epilepsy. Physicians who treat epilepsy need to be aware that alcohol abuse and development of seizures are often linked, and take steps, in these cases, to intervene in drinking.

NIAAA SUPPORTS RESEARCH ON ALCOHOL AND NUTRITION

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) has been and is currently supporting research in the area of alcohol and nutrition. A focus on the effect of alcohol as a nutrient, the impact of alcohol on vitamin and mineral metabolism and physiology, and primary and secondary malnutrition from alcohol are among the topics that NIAAA will consider. The Institute has a regular research program, a small grants program, and a research scientist development program. Applications are due in November, March, and July. For further information, contact Kenneth R. Warren, Ph.D., Chief, Biomedical Research Branch, NIAAA, Parklawn Building, Room 1-27, Rockville, MD 20857, (301) 443-4223.

Pick Up a Lucky
Instead of a Drink?

Persons who drink large amounts of whiskey, beer, and wine may run a greater risk of mouth cancer than two-pack-a-day cigarette smokers, reports the American Cancer Society. Heavy drinkers who stick to beer or wine alone may run a greater risk than those who drink equivalent amounts of whiskey. And for someone who smokes and drinks, doubling alcohol consumption leads to a much greater risk of mouth cancer than doubling cigarette consumption.

NIAAA director John R. DeLuca declared that the alcoholism field's commitment to treatment is more important than ever, in the face of financial cutbacks, and called on state officials to join in the effort to assure continuation of treatment capacity. In a special address, DeLuca said: "We face the reality of less dollar resources available to assist us. We must not deny that event. Nothing in our troubled economy or our evolving society will prevent our efforts...because there is a more important reality which we all know and which we all face--and that is the alcoholic...in the streets of New Orleans, in a corporate tower in New York, in a field in California, in a school almost anywhere. The alcoholic's crushing need will not go away."

HUMAN SUBJECTS GUIDELINES AVAILABLE.

A committee of ADAI affiliates, chaired by Dr. Alan Marlatt, has drafted detailed guidelines for the administration of alcohol to human subjects in research projects. The document covers many areas, including the rate at which alcohol is absorbed, the level of intoxication resulting from the dose, recommended procedures for the administration of alcohol, necessary steps to ensure the safety of subjects, and sample questionnaires for use when alcohol is to be administered. The committee notes that many persons should not be given alcohol in a research study, including recovering alcoholics, those who have had a problem with other drugs, and pregnant women. Subjects taking medications should also be excluded in many cases. The manual offers guidelines for medical screening.

While most alcohol research does not involve the administration of alcohol, there are some studies in which this is essential to answer the questions posed by the researcher. For example, the effect of alcohol on heart rate cannot be studied unless alcohol is actually consumed by the subject. When it is necessary for research subjects to drink, it is absolutely essential that their safety and rights be safeguarded. The document that Dr. Marlatt's committee has put together will ensure that research involving alcohol administration is safe and ethical.

The proposed guidelines have been adopted by the University of Washington Human Subjects Review Committee. To request single copies of this manual, call Ms. Denise Mongrain at the ADAI, (206) 543-0937.

ADAI SMALL GRANTS AWARDS

From March 1981 Review Session

Andrew Meltzoff, of Psychiatry and Behavioral Sciences, and Sharon Landesman-Dwyer, Psychiatry, will be studying another facet of the effects that maternal alcohol consumption has on young children. Their study will assess the relation between alcohol use during pregnancy and the maturation and organization of sleep-wake patterns in infants between two and four months old.

Alcohol research and the clinical diagnosis of the alcoholic patient have suffered for the lack of an accurate, easy method for monitoring the level of alcohol intake. Recently a new test for alcohol consumption has been proposed, on the observation that ethanol is excreted in sweat, and can be picked up on a small, adhesive patch. Dr. Robert Hillman, Dept. of Medicine, Robert Labbe, Clinical Chemistry, and Caryl Campbell, Hematology, will test this method on subjects drinking variable amounts of alcohol. If the method can be validated, it holds great promise for investigators and clinicians.

Very little is known about the mechanisms of endorphin metabolism or the regulation of the neurons which contain these peptides. Daniel M. Dorsa, Ph.D., Depts. of Medicine and Pharmacology, has been awarded a grant to examine the effect of stimulation and blockades of certain opiate receptors in the rat brain, and to study the metabolism of endorphins.

An animal model of excessive alcohol intake leads to specific predictions as to the rates and amounts of drinking that should occur in the presence of another class of reinforcers available on given schedules of reinforcement. Herman H. Samson, Ph.D., Dept. of Psychology, has received an award for his proposal to create an evaluation of this prediction to test with humans, further strengthening the parallel of the animal model to human behavior.

Dr. Alfred Berg, Dept. of Family Medicine, has received an award for his proposed study of illness experience and the use of alcohol and other drugs. The study expects to find a relationship between alcohol and other drug use and illness experience that is mediated by social support and other life events.

NEW CERTIFICATE OFFERED AT SEATTLE UNIVERSITY

A combined Certificate in Alcohol and Other Drug Studies has just been announced by the Seattle University Program for Alcohol Studies, to begin this fall term. Recent surveys revealing the prevalence of double addiction and cross-tolerance of alcohol with other drugs, especially the misuse of prescription drugs by alcoholics, prompted this recent expansion of one of the country's oldest alcoholism training centers.

"We in the alcoholism field are fools if we imagine there are many alcoholics who are not also involved with other drugs," said Dr. James E. Royce, S.J., Director and Professor of Alcohol Studies since 1950. "Statistics show that 80% of women alcoholics and nearly 100% of young alcoholics of both sexes misuse at least one other drug. About the only ones who do not are a few older male alcoholics." Recent governmental moves to combine treatment and prevention programs for alcoholism and other drug abuse at both national and local levels make the new certificate timely.

The new certificate program will add two courses on drugs other than alcohol to the existing curriculum, and entail doing one of the two required field experiences in an approved drug facility. One of the new courses is on the physiological and pharmacological aspects, and the other covers the social and legal aspects. Both will deal with street drugs such as heroin, PCP and cocaine as well as prescription drugs such as Valium and Demerol, to name two of the most commonly addictive.

Holders of either the Basic or Advanced Certificate in Alcohol Studies from Seattle University may obtain an endorsement certifying that they have met the additional requirements for the combined certificate. Those entering or now in the program have the option of pursuing the new Alcohol/Drug Certificate or the regular alcohol certificates. Jerome V. Schnell, Biochemist, is Executive Director of the programs and is teaching a special course on alcohol addiction this summer.

For further information, contact the Seattle University Alcohol Studies Program,

NEW IN THE ADAI LIBRARY

ALCOHOL AND DRUG PROBLEMS IN WOMEN: Research Advances in Alcohol and Drug problems Volume 5./ ed. by Oriana Josseau Kalant--New York: J. Wiley, 1980 RC 565 R37 v.5

ALCOHOLISM, ALCOHOL ABUSE, AND RELATED PROBLEMS: Opportunities for Research-- Institute of Medicine: Washington, D.C., 1980

AMPHETAMINES & RELATED STIMULANTS: CHEMICAL, BIOLOGICAL, CLINICAL & SOCIOLOGICAL ASPECTS/ by John Caldwell--Boca Raton: CRC Press, 1980 RC 566 A493 A47

HEROIN, DEVIANCE AND MORALITY/ by Charles W. Lidz, Andrew L. Walker with assist. from Leroy C. Gould--Beverly Hills: SAGE, 1980 Vol. 112 of SAGE Library of Social Research ADAI cat. # HV 5925 L46

LISTENING TO AMERICA'S FAMILIES, A REPORT by the White House Conference on Families: Washington D.C., 1980

MARIJUANA: THE FIRST TWELVE THOUSAND YEARS/ by Ernest L. Abel--New York: Plenum, 1980. BF 209 C3 A23

QUANTITATIVE EXPLORATIONS IN DRUG ABUSE POLICY/ ed. by Irving Leveson--New York: SP medical and Scientific Books, 1980. HV 5825 Q34 1980

ADOLESCENCE AND ALCOHOL/ ed. by John E. Mayer and William J. Filstead--Cambridge, Mass.: Ballinger Pub. Co., 1980 HV 5135 A36

ALCOHOL AND HEALTH: U.S. Department of Health and Human Services Fourth Special Report to the U.S. Congress on Alcohol and Health/ Secretary of HHS--Washington D.C., 1981 HV 5238 A5 1981 c.1, c.2.

BIOLOGICAL EFFECTS OF ALCOHOL, proceedings of the International Symposium on Biological Research in Alcoholism, Zurich, 1978. /ed. by Henri Begleiter--New York: Plenum Press, 1980 QP 801 A3 I62, 1978

CARDIOVASCULAR EFFECTS OF MOOD-ALTERING DRUGS/By Barry Stimmel--New York: Raven Press, 1979 RM 345 S75

THE CAUSES AND EFFECTS OF SMOKING/ by H.J. Eysenck--Beverly Hills: SAGE 1980 RC 567 E97

DRUGS IN RELATION TO THE DRUG USER: CRITICAL DRUG ISSUES/ ed. by Stanley Einstein--New York: Pergamon Press, 1980 RC 564 D785 1980

INNER-CITY ALCOHOLISM: AN ECOLOGICAL ANALYSIS AND CROSS-CULTURAL STUDY/ by Geoffry P. Kane--New York: Human Sciences Press, 1981 HV 5298 N5 K36

THE USE AND MISUSE OF SLEEPING PILLS: A CLINICAL GUIDE/ by Wallace B. Mendelson-- New York: Plenum Medical Book Company, 1980 RM 325 M46

PSYCHOPHARMACOLOGY OF ALCOHOL/ ed. by Meton Sandler--New York: Raven Press, 1980. RC 565 P79

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