

Third Edition

Drug and Alcohol Abuse

A Clinical Guide to Diagnosis and Treatment

Marc A. Schuckit, M.D.



CRITICAL ISSUES IN PSYCHIATRY • Series Editor: Sherwyn M. Woods

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Marc A. Schuckit, M.D.

Professor of Psychiatry

University of California, San Diego School of Medicine

Director of the Alcohol Research Center and Treatment Program

Veterans Administration Hospital

San Diego, California

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To Sam, who taught me how to laugh;
Lil, who showed me how to love those close to me;
and to Judy, Dena, and Jordan, who keep me doing both.

Preface to the Third Edition

It is hard to believe that 10 years have passed since the publication in 1979 of the first edition of this text. In the interim, some drugs have become less popular (e.g., hallucinogens) and others have peaked in street popularity (e.g., PCP and cocaine), while the overall prevalence of use of "recreational" drugs has generally leveled off and even decreased slightly. Recent years have also witnessed the introduction of new nonbenzodiazepine antianxiety drugs that are not true CNS depressants, and we have enhanced our knowledge of some of the basic pharmacology of many of the drugs of abuse. Our field has also recognized more about the ability of many drugs, especially depressants and stimulants, to mimic psychiatric disorders as well as to intensify preexisting psychiatric syndromes in the "dual-diagnosis" patient.

This edition of *Drug and Alcohol Abuse* has been modified to reflect these changes as well as others. Thus, the book includes a marked expansion of the discussion of dual diagnoses; contains a new section describing the non-benzodiazepine antianxiety drugs; presents new data regarding the brain mechanisms of a variety of drugs, including the opiates; and presents an extensive update on alcohol detoxification as well as drug and alcohol rehabilitation programs. Consistent with the overall goals of this work to help the student and clinician stay up to date, more than 60% of the references offered at the end of the chapters have been updated to reflect data published since the appearance of the second edition in 1984.

Additionally, anyone involved with the delivery of health care to patients with drug or alcohol problems must deal with the *Diagnostic and Statistical Manual of Mental Disorders* published by the American Psychiatric Association. Therefore, beginning in Chapter 3 and continuing throughout the text, I have referred you to relevant codes in the revised third edition of that important manual.

Each time I carry out a revision of this text, I am newly surprised at how much work this entails. As has been true in the past, I am indebted to my colleagues at the University of California and Veterans Hospital in San Diego for their support. Even more importantly, my personal state of dependence on the love and serenity created by Judy, Dena, and Jordan is the driving force that makes all things possible for me.

MARC A. SCHUCKIT, M.D.

Preface to the Second Edition

In the intervening years between the publication of the first and second editions, this book has been used as a text for teaching in medical schools, psychology and social work courses, nursing curricula, and so on. As a result of my own efforts in this area and of correspondence from teachers in different disciplines, revisions have been made in every chapter. The goal has been primarily to clarify questions raised by students and to expand into areas of need. Regarding the latter, two new chapters have been added, one dealing with phencyclidine to meet the increasing use of this drug over the years and the other dealing with the two most prevalent substances of misuse, caffeine and nicotine. Additional changes include a thoroughly revised chapter on rehabilitation.

This revision could never have been carried out properly without the help of Cheyenne Frontiero, the editorial assistance offered by Plenum Press, as well as the encouragement of Sherwyn Woods and my colleagues at the University of California, San Diego. Of course, this book could never have been written were it not for the love and happiness generated by my wife, Judy, and children, Dena and Jordan.

MARC A. SCHUCKIT, M.D.

Preface to the First Edition

This book grew out of a series of lectures developed to help the nonpharmacologist make sense out of a complex literature. The core of my approach is to learn the characteristics of drug classes, understand the usual types of difficulties associated with drugs, and then apply these general rules in clinical settings. It is hoped that the text will be a beginning place for gathering knowledge about drug types in the classroom and also a first step in handling emergency problems in clinical settings.

So that the book may properly serve as a resource for survey courses and as an emergency handbook, I have kept my comments relatively short, attempting to relate the most essential material. In order to help the reader understand drugs of abuse in greater depth, each chapter is highly referenced in the hopes that he will further expand his knowledge in this area.

I have never read a perfect manuscript or book, and (the views of my mother aside) this is not one. As with any complex endeavor, a series of compromises must be made as one decides whether to pursue Road A or Road B. My aim is to have this text strike a proper balance between the immediate needs of the clinician and those of the student looking for an introduction to substances of abuse.

I wish to extend my appreciation to Jane Ramsey, Edna Glenn, and my colleagues at the Alcoholism and Drug Abuse Institute of the University of Washington, as well as to my wife, Judy, and my colleagues at the University of California at San Diego Medical School, Department of Psychiatry, for their help in preparing this manuscript.

MARC A. SCHUCKIT, M.D.

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