

Table 59.1 Effects of alcohol and drug use

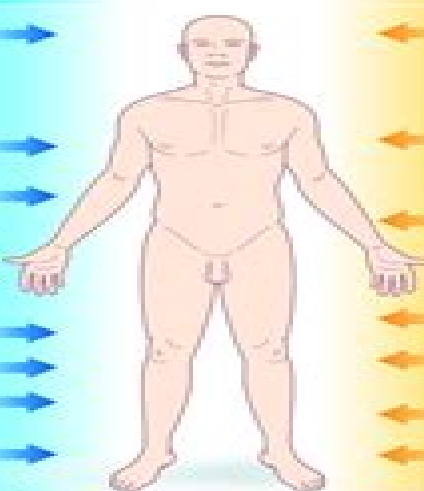
Effect of excess alcohol	Effects of drug use
<ul style="list-style-type: none"> Brain <ul style="list-style-type: none"> Short-term = slurred speech, altered speech, motor incoordination, aggression Long-term = tremor, neglect and reduced motivation, dependence, depression and anxiety, CVA, Wernicke's encephalopathy and Korsakoff's syndrome Pain <ul style="list-style-type: none"> Jaundice, facial injury, osteoporosis, premature ageing Stroke = mouth and tongue cancer Chest <ul style="list-style-type: none"> Spider naevi, throat cancer, reduced immunity = asthma, pneumonia Heart <ul style="list-style-type: none"> Hypertension, cardiomyopathy, heart failure Upper abdomen <ul style="list-style-type: none"> Dyspepsia, gastritis, liver disease, oesophageal cancer, varices, pancreatitis, diabetes Central abdomen <ul style="list-style-type: none"> Central weight gain, ascites, malnutrition, caput medusae Hands <ul style="list-style-type: none"> Tremor, Dupuytren's contracture Testes <ul style="list-style-type: none"> Erectile dysfunction, infertility, low birth weight babies, fetal alcohol syndrome Legs/feet <ul style="list-style-type: none"> Myopathy Haematological dysfunction, thrombocytopenia, anaemia Feet <ul style="list-style-type: none"> Peripheral neuropathy 	 <ul style="list-style-type: none"> Brain <ul style="list-style-type: none"> Inappropriate behaviour = impulsive, driving, aggression Neglect and reduced motivation Chaotic behaviour Psychiatric illness = overdose (accidental or deliberate), depression/anxiety, schizophrenia Pain <ul style="list-style-type: none"> Short-term = pupil constriction/dilation (opioid/stimulants) Longer-term = nasal discharge, septal perforation (stimulants esp cocaine) Chest <ul style="list-style-type: none"> Short-term = (stimulants, opiate withdrawal): tachycardia and tachypnoea Short-term = (opioids, depressants): respiratory depression Long-term = (drug smoking): lung damage Arms <ul style="list-style-type: none"> Track marks (IV use = potential HIV, Hep B and C) Abdomen <ul style="list-style-type: none"> Weight loss and malnutrition, (withdrawal and overdose): diarrhoea, vomiting, abdominal pain Liver <ul style="list-style-type: none"> Fatty liver, cirrhosis, hepatitis, hepatocarcinoma, cancer Hands <ul style="list-style-type: none"> Short-term = (stimulants, withdrawal opiates and benzodiazepines): tremor/tachycardia Feet <ul style="list-style-type: none"> Sexually transmitted diseases, high risk sexual practices

Figure 59.1(a) Alcohol units

Drink
25 ml single spirit shot (40%) = 1 unit
125 ml glass wine (12.5%) = 1.5 units
500 ml pint of beer (4%) = 2 units
750 ml bottle of beer (12.5%) = 3 units
750 ml bottle of spirits (12.5%) = 30 units
Government advice: alcohol consumption should not regularly exceed:
<div>  Men 3–4 units daily </div> <div>  Women 2–3 units daily </div>
(Source: Office for National Statistics)
<ul style="list-style-type: none"> Child at risk – is the patient with the alcohol or drug problem responsible for any children? Does the patient ever drive while under the influence of alcohol or drugs (see DVLA guidance)? Delirium tremens, major withdrawal symptoms after dependent drinker stops drinking. Wernicke's encephalopathy (ophthalmus, ophthalmoplegia, ataxia) and Korsakoff's syndrome (confabulation) – both secondary to thiamine deficiency in excessive alcohol use. Decompensated liver disease: signs of acute liver disease (jaundice, ascites, jaundice) often triggered after binge drinking. Infection from injecting drugs with a dirty needle or unsterile fluid.

(b) Fast Alcohol Screening Test (FAST)

Scoring – a total of 3+ indicates hazardous or harmful drinking					
Question	0	1	2	3	4
1. How often do you have 5 (men) / 6 (women) or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
Only answer the following questions if your answer to the question above is monthly or less ...					
2. How often in the last year have you not been able to remember what happened when drinking the night before?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
3. How often in the last year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. Have a relative/friend/doctor/health worker been concerned about your drinking or advised you to cut down?	No		Yes, but not in the last year		Yes, during the last year

(Adapted from Hodgson R et al. The FAST alcohol screening test. Alcohol & Alcoholism 2002;37 (7) and Institute of Health & Society, Screening Tools for Alcohol Related Risk 2000, Newcastle University)

General Practice At A Glance

**Paul Booton, Carol Cooper, Graham
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Cancer Control, 1927 **Surgery, Gynecology & Obstetrics** Franklin Henry Martin, 1927 **Manufacturers' Association Bulletin**, 1917

Endocrinology and Diabetes Ramzi Ajjan, 2009-03-09 Covering cases from Addison's disease to osteoporosis and diabetic foot ulcer and an introductory section explaining the molecular and physiological aspects of endocrinology Endocrinology and Diabetes Clinical Cases Uncovered has it all Reflecting the varied nature of the specialty the cases cover various endocrine conditions and address the clinical presentation diagnostic workup and potential complications while the self assessment section comprising 30 MCQ 10 SAQs and 10 EMQs will help medical students junior doctors and nurses practise clinical reasoning and prepare for life on the wards

Radiology Ashley Shaw, Edmund Godfrey, Abhinav Singh, Tarik Massoud, 2009-08-31 From choosing the relevant investigation through to interpretation and its effects on patient management Radiology Clinical Cases Uncovered provides an overview of the modern imaging department including radiation and safety considerations putting radiology in its clinical context The cases covering a broad spectrum of disease processes in all body systems are illustrated with over 250 high quality images while the extensive self assessment section and accompanying explanatory notes consolidates learning and provides invaluable examination practice Radiology Clinical Cases Uncovered is perfect for medical students Foundation doctors and radiographers

RCGP AKT Julian Hick, Ralph Emmerson, 2014-09-05 This book has been specifically designed to help GP trainees pass the compulsory AKT examination Each topic has been skilfully refined to correlate directly with primary care and the RCGP curriculum revealing how and why critical appraisal and evidence based medicine are essential for good medical practice throughout a career as an independent k

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