Pharmacotherapeutic Treatment of Nicotine and Alcohol Dependence

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Kathleen T. Brady, MD, PhD has no financial relationships with an ACCME defined commercial interest.

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System Requirements

- In order to complete this online module you will need Adobe Reader. To install for free click the link below:
Target Audience

• The overarching goal of PCSS-MAT is to make available the most effective medication-assisted treatments to serve patients in a variety of settings, including primary care, psychiatric care, and pain management settings.
Educational Objectives

• At the conclusion of this activity participants should be able to:
  ▪ Discuss pharmacotherapeutic treatment options for nicotine dependence
  ▪ Discuss pharmacotherapeutic treatment options for alcohol dependence
Outline

- Overview of treatment guidelines for nicotine dependence

- Review of specific medication options with prescribing information

- Overview of FDA-approved medications for the treatment of alcohol dependence

- Agents under investigation in the treatment of alcohol dependence

- Pharmacogenetics and the treatment of alcohol dependence
Smoking and Psychiatric Illness

Kalman, 2005: Comorbidity of smoking in patients with psychiatric and substance abuse disorders.
Pre-mature Death

- About half of all smokers will die from the effects of smoking\(^1\)

- On average, smokers die \textbf{10 to 14 years} earlier than non-smokers\(^1,2\)

- The probability of dying in middle age increases threefold in smokers vs. non-smokers.\(^1\)

- However, quitting at age 50 halves the mortality risk and quitting at 30 almost completely eliminates it.\(^1\)

1. Doll et al., 2006
2. MMWR, April 2002
Clinical Practice Guideline Treating Tobacco Use and Dependence: 2008 Update

- Chronic disease requiring multiple interventions and quit attempts.
- Consistent ID smokers & current smoking status
- Use effective medication unless contraindicated NRT, Bupropion SR and Varenicline
- Both Counseling & med effective - combo more effective - use together.
- Telephone quit lines effective - ↑ access & use
- Use motivational therapy in smokers unwilling to make quit attempt - can ↑ future attempts

Fiore et al., 2008
“5 A’s” Model

1. **Ask** about tobacco use.
2. **Advise** to quit.
3. **Assess** willingness to quit.
4. **Assist** in quit attempt.
5. **Arrange** follow-up.
Meds vs. Counseling

- Combination of medication and counseling together is more effective than either alone
- Adding counseling to medication increases quit rates
- Two or more counseling sessions improve quit rates
- Adding meds to counseling also improves outcomes
Nicotine Replacement Therapy

• Appropriate first-line medication
  ▪ Nicotine gum (OTC) – low compliance
  ▪ Nicotine inhaler (prescription) lowest compliance
  ▪ Nicotine lozenge (OTC)
  ▪ Nicotine nasal spray (prescription)
  ▪ Nicotine patch (OTC) – highest compliance

• Efficacy: Increase success 1.5-2 fold compared to placebo, equally efficacious
Drug Interactions

- Smoking increases the metabolism of some other drugs and after successful smoking cessation drug levels may increase
  - Methadone and buprenorphine
  - Antipsychotic medications
  - Antidepressants
  - Some heart medications
NRT General Precautions

• Common Adverse effects: Headache, dizziness, sleep disturbances, vivid dreams, nausea, vomiting, indigestion, local irritation at administration site.

• Rare: Irregular heart rhythms, rapid heart beat, palpitations, chest pain, BP changes.
  ▪ Increased blood insulin levels & insulin resistance
  ▪ Dizziness, lightheadedness, insomnia, & irritability 1-25%

• Contraindications: Hypersensitivity to nicotine Cardiovascular Disease
  ▪ NRT not independent risk factor
  ▪ Use with caution 1st 2 wks after a heart attack, heart rhythm irregularities, & chest pain
Nicotine Patch

- 7mg/24h, 14mg/24h, 21mg/24h or 5mg/16h, 10mg/16h, 15mg/15/h

- Peak concentration: 6-12h with initial lag 1-2h

- Smoking > 10 cigarettes/d
  - Weeks 1-6 use one 21mg patch per day
  - Weeks 7-8 use one 14mg patch per day
  - Weeks 9-10 use one 7mg patch per day

- Smoking < 10 cigarettes/d
  - Weeks 1-6 use one 14mg patch per day
  - Weeks 7-8 use one 7 mg patch per day
Nicotine Patch

• Cost
  ▪ Nicotine patch 21mg/24h, 14mg/24h, & 7mg/24h for 14 patches $27.99 ($ from drugstore.com)

• Administration Notes
  ▪ If have vivid dreams/sleep disturbances, remove at bedtime and reapply in the morning
  ▪ If crave cigarettes on awakening wear for 24 h

• Additional side effects
  ▪ Mild skin irritation, usually delayed
  ▪ Moderate irritation in 36%
  ▪ Severe reaction requiring discontinuation in 12%
Nicotine Gum

- **Dosage**
  - Smokers <25 cigarettes a day use 2 mg gum
  - Smokers >25 cigarettes a day use 4 mg gum

- Use 1 piece every 1-2 hours for the 6 wks, then 1 pc. every 2-4 hours wks 7-9, then 1 pc. every 4-8 hours wks 10-12

- No more than 24 pieces in 24 hours

- Fixed schedule maybe more helpful than using ad lib
Nicotine Gum

- Peak nicotine concentration 15-30 min

- Specific Adverse effects with gum- mechanical (sore jaw) & pharmacological (throat irritation, burning in mouth)

- Instructions: chew & “park” between cheek and gum for long periods
  - Avoid eating/drinking before, during, & after use.
  - Absorption ↓ by acidic environment (juice, soda, coffee)

- FDA Category C

- Cost: 4 mg box of 170 pieces $49.99*

* Prices from drugstore.com
Nicotine Lozenge

- 2 mg / 4 mg
- Heavy smokers (>25 cig/day) or 1st cigarette within 30 min of waking
- Light smokers (< 25 cig/day) use 2 mg
- Instructions
  - Weeks 1-6: 1 lozenge every 1-2 hours
  - Weeks 7-9: 1 lozenge every 2-4 hours
  - Weeks 10-12: 1 lozenge every 4-8 hours
- Maximum 5 lozenges/6h or 20 loz/24h
Nicotine Lozenges

• Additional side effects: mild mucosal irritation, on 4 mg also increased h/a & coughing
• Avoid acidic beverages 15 min before and during use
• High dose lozenges may be more efficacious in highly dependent smokers
• Cost: Both 4mg & 2mg for box of 72 pieces $37.59

Comes in flavors!
Nicotine Inhaler
Nicotine Inhaler

- 10 mg/cartridge delivers 4 mg of nicotine
- Peaks 15-20 min
- Nicotine vapor absorbed through mucosa
- Each cartridge provides about 20 minutes of active puffing
  - 80 deep draws or 300 shallow puffs
  - Therapeutic effect best by frequent continuous puffing for 20 minutes.
  - Ten puffs on inhaler = one puff of cigarette
Nicotine Inhaler

- **Usual Dose:** 6-16 cartridges/day
  - Weeks 1-12, use 6-16 cartridges/day
  - Weeks 13-14 gradual taper
  - No optimal taper recommended
  - Max 16 cartridges/day

- **Additional contraindication:** hypersensitivity to menthol
Nicotine Inhaler

- Additional Side effects: cough, throat irritation, rhinitis, bronchitis, relapse of asthma
- Acidic beverages interfere with absorption. Water only for 15 min before or during use
- May be particularly helpful for smokers with <20 cig/d and high behavioral dependence
- Cost: Inhaler and 168 cartridges $189.76*

*rxzone.us
Nicotine Nasal Spray

- Nicotine content: 10 mg/mL
- Peak concentration: 4-15 minutes
- Venous concentration 2-12 ng/mL
- Most closely approximates the time course of plasma nicotine levels from smoking than other forms of NRT
Nicotine Nasal Spray

- Dosage: One dose = 2 sprays (1 in each nostril)
  - 0.5 mg/spray or 1 mg/per dose
  - Weeks 1-8: 1-2 doses/h with at least 8 doses/d
  - Weeks 9-14: gradual taper

- Maximum dose: 5 doses/h or 40 doses/d

- Additional side effects: coughing, nasal irritation, exacerbation of asthma, transient changes in sense of smell & taste

- Higher abuse potential

- 10ml of spray 35.45*

*Langston Info Services
Choice of NRT

- Equally efficacious
- Patch: GI, nasal & mouth irritation eliminated
- Patch: steady blood levels
- Spray most closely mimics smoking plasma nicotine levels
- Inhaler may assist with behavioral aspects
Bupropion SR

• Precautions
  - Situations with increased risk of seizures.
  - Bipolar Disorder - Increased risk of manic/mixed episode with antidepressant treatment alone
  - Hepatic impairment
  - Renal impairment

• Seizure risk: on 300 mg/d incidence of 0.1%
  - In depression - predisposing factors were alcohol with possible alcohol abuse, history of head trauma

Dunner 1998. JCP
Bupropion SR (Zyban, Wellbutrin SR)

- Appropriate first line treatment
- Action:
  - Weak inhibitor of norepinephrine reuptake
  - Weak inhibitor of dopamine reuptake
  - Noncompetitive inhibitor of NAch receptors
- Doubles odds of quitting
- Nearly 20 RCT relatively less withdrawal symptoms and craving compared to placebo
- Weight gain less during active treatment.
Bupropion SR

• Dosage
  - 150 mg for 3 days then
  - 150 mg twice a day at least 8h apart.
  - Start treatment 1 week before quit date.
  - Continue treatment 7-12 weeks.
  - In presence of severe hepatic cirrhosis reduce dose to max of 150 mg every other day.

• If no progress by 7th week unlikely pt will quit.
Bupropion SR

• Side Effects
  ▪ 300 mg/d 8-12% discontinuation rates due to side effects
  ▪ Most common tremor, rash, h/a, hives
  ▪ Insomnia & dry mouth more likely than placebo

• Cost
  ▪ Bupropion SR 150 mg # 60 $75.99 (generic)
Varenicline (Chantix)

- Appropriate first line treatment

- Action: nicotine partial agonist
  - Mimics nicotine → moderate & sustained dopamine release
  - Blocks subsequent nicotine dopamine release

- Triples odds of quitting compared to placebo

- Precautions
  - Significant renal disease or on dialysis - reduce dose
  - May experience impaired driving ability or operate heavy equipment
Varenicline

- FDA Category C

- FDA Warning February 2008
  - Depressed mood, agitation, behavioral changes, suicidal ideation, & suicide reported during smoking cessation attempts with varenicline. Patients should tell providers about psychiatric history and clinicians should monitor for changes in mood / behavior.
## Treatment Comparison

<table>
<thead>
<tr>
<th>DRUG</th>
<th>Estimated Abstinence Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varenicline (Chantix) (2mg/day)</td>
<td>33.2</td>
</tr>
<tr>
<td>Varenicline (1mg/day)</td>
<td>25.4</td>
</tr>
<tr>
<td>Nicotine nasal spray</td>
<td>26.7</td>
</tr>
<tr>
<td>Nicotine patch (6-14 wks)</td>
<td>23.4</td>
</tr>
<tr>
<td>High dose nicotine patch (&gt;24mg)</td>
<td>26.5</td>
</tr>
<tr>
<td>Long-term nicotine patch (&gt;14wks)</td>
<td>23.7</td>
</tr>
<tr>
<td>Nicotine gum (6-14 wks)</td>
<td>19.0</td>
</tr>
<tr>
<td>Long-term nicotine gum (&gt;14 wks)</td>
<td>26.1</td>
</tr>
<tr>
<td>Nicotine inhaler</td>
<td>24.8</td>
</tr>
<tr>
<td>Bupropion (Zyban)</td>
<td>24.2</td>
</tr>
</tbody>
</table>

Fiore 2008
Electronic Cigarettes (e-cig)

- Battery-powered Vaporizer
- Delivers Nicotine
- Risk vs. Benefit Uncertain
  - ? initiate smoking
  - ? useful in cessation
# FDA-Approved Medications for Alcohol Dependence

<table>
<thead>
<tr>
<th>Medication</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>disulfiram (Antabuse®)</td>
<td>Aldehyde dehydrogenase 1949</td>
</tr>
<tr>
<td>naltrexone (Revia®, Depade®)</td>
<td>Opioid receptor 1994</td>
</tr>
<tr>
<td>acamprosate (Campral®)</td>
<td>Glutamate receptor 2004</td>
</tr>
<tr>
<td>Extended-release naltrexone (Vivitrol®)</td>
<td>Opioid receptor 2006</td>
</tr>
</tbody>
</table>
Medications Tested in Alcohol Dependence

- Aversive agents (disulfiram)
- Serotonin reuptake inhibitors (fluoxetine, sertraline, citalopram)
- Serotonergic agents (ondansetron)
- Opiate antagonists (naltrexone, nalmefene)
- Acamprosate
- Anticonvulsants (topiramate, divalproex)
- Antipsychotics (quetiapine, olanzapine)
Naltrexone in the Treatment of Alcohol Dependence: Primary Outcome

Cumulative Relapse Rate

Naltrexone HCl (N=35)
Placebo (N=35)

*Time to first episode of heavy drinking; P<.01

Long-acting IM Naltrexone

- **Primary Efficacy Measure, Event Rate Of Heavy Drinking:**
  - 380 mg group significantly better than placebo ($p < 0.03$)
  - ~48% reduction in median heavy drinking days
    - Baseline 19.3, Placebo 6.0, 380 mg 3.1
  - Benefits observed in both actively drinking and abstinent patients

- **Significant AEs**
  - Mild to moderate nausea (33%), fatigue (20%), decreased appetite

- **Well Tolerated / Favorable Liver Enzyme Profile**

- **AE Drop-outs**
  - 14% (380 mg ND), 7% (190 mg ND), 7% (placebo); $P=0.01$

- **Injection Site Pain**
  - 380 mg vs. placebo (12% vs. 9%, respectively; $P=0.04$)

Heavy drinking defined as $\geq 5$ drinks/day for men; $\geq 4$ drinks/day for women; naltrexone 380 mg vs. placebo, $P=.03$; naltrexone 190 mg vs. placebo, $P=.07$

Garbutt JC et al., *JAMA*. 2005; 293:1617-1625
Project COMBINE

- 1,383 Recently abstinent alcoholics
- Naltrexone, acamprosate or combination
- Medical management, behavioral intervention or combination
- Naltrexone group had significant decrease in drinking outcomes
- No effect of acamprosate alone or in combination with naltrexone

Anton et al., JAMA, 2006
Acamprosate

- Acamprosate is #1 selling alcohol medication in U.S.

- Acamprosate is not being actively marketed by Forest Pharmaceuticals in U.S.

  - A significant effect across various treatment endpoints
  - Men and women respond equally to acamprosate
Topiramate

- Targets: GABA, glutamate AMPA and kainate, L-type Ca channels, Na channels
- Approved for treating seizures and migraine
- 17-site trial with 371 alcohol dependent patients: efficacious in improving treatment outcome
- Side-effects: paresthesia, taste perversion, anorexia, difficulty with concentration

Johnson et al., JAMA 298:1641-1651, 2007
• Targets: GABA, glutamate

• Approved for treating seizures, pain

• Three independent, single-site studies demonstrate efficacy in improving drinking outcome in alcohol dependent subjects

Mason et al., Addict Biol 14(1):73-83, 2009
Ondansetron

- Target: 5-HT\textsubscript{3} antagonist
- Approved for treating nausea and vomiting
- Single-site trial with 283 alcohol dependent patients: efficacious in improving treatment outcome with specific genotype
- Side-effects: Fatigue
- FDA Alert: Risk of developing prolongation of the QT interval
- Dosing: 8-24 mg/day for nausea versus .33 mg/day for alcohol

Two genetic variants of serotonin transporter gene

- 5-regulatory region with long form (L) that possesses 44 additional base pairs versus the short (S) form (LL versus LS/SS)

- Rs 1042173 (TT versus TG/GG) in the 3-untranslated region

Varenicline

- Targets: nicotinic $\alpha_4\beta_2$
- Approved for nicotine dependence
- Reduced drinking in human lab study and small clinical trial
- Results of a multi-site clinical trial of 200 alcohol-dependent smokers and nonsmokers pending

McKee et al., *Biol Psychiatry* 66:185-190, 2009
Mitchell et al., *Psychopharmacol* online, 2012
Antidepressants (SSRIs)

Depressed Alcoholics

- Antidepressants work well to reduce depression in depressed alcoholics. Impact on drinking is mixed

- SSRI (sertraline) in combination with naltrexone was most effective in improving drinking outcome in depressed alcoholics

Sertraline and Alcohol

Prospective trial in 134 alcohol-dependent subjects
  Early onset vs. late onset
  LL vs. LS/SS variants of the serotonin transporter gene

Treatment effect varied by onset of alcoholism and genotype

Results
  All LS/SS subjects (early and late onset) experienced no response to sertraline (75% of population)
  LL subjects with early onset had increased consumption with sertraline

Krantzler et al., 2011
# Positive Genetic Influences in Alcohol Pharmacotherapy

<table>
<thead>
<tr>
<th>Medication</th>
<th>Genetic Variant</th>
<th>Outcome Moderated</th>
<th>Notable Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topiramate</td>
<td>GRIK1 (rs2832407)</td>
<td>Heavy drinking days (%); side effects</td>
<td>Kranzler et al., 2014 (2); Ray et al., 2009 (4)</td>
</tr>
<tr>
<td>Naltrexone</td>
<td>OPRM1 (Asn40Asp), (rs1799971), DRD4 VNTR</td>
<td>Heavy drinking days (%); abstinence rates; relapse to heavy drinking</td>
<td>Anton et al., 2008 (12); Kim et al., 2009 (13); Oslin et al., 2003 (14); Tidey et al., 2008 (15)</td>
</tr>
<tr>
<td>Ondansetron</td>
<td>LL/LS/SS (5-HTTLPR) (rs1042173), SLC6A4 (5-HTTLPR)</td>
<td>Drinks per drinking day; days abstinent (%)</td>
<td>Johnson et al., 2011 (9)</td>
</tr>
<tr>
<td>Sertraline</td>
<td>5-HTTLPR triallelic SLC6A4</td>
<td>Heavy drinking days (%); drinking days (%)</td>
<td>Kranzler et al., 2011 (8)</td>
</tr>
<tr>
<td>Acamprosate</td>
<td>GATA4 (rs1327367)</td>
<td>Relapse</td>
<td>Kiefer et al., 2011 (10)</td>
</tr>
<tr>
<td>Disulfiram</td>
<td>DBH (rs161115)</td>
<td>Adverse events</td>
<td>Mutschler et al., 2012 (11)</td>
</tr>
</tbody>
</table>
Conclusions

• Across two decades, solid advances in medications development

• Many exciting possibilities


PCSS-MAT Mentoring Program

- PCSS-MAT Mentor Program is designed to offer general information to clinicians about evidence-based clinical practices in prescribing medications for opioid addiction.

- PCSS-MAT Mentors comprise a national network of trained providers with expertise in medication-assisted treatment, addictions and clinical education.

- Our 3-tiered mentoring approach allows every mentor/mentee relationship to be unique and catered to the specific needs of both parties.

- The mentoring program is available, at no cost to providers.

For more information on requesting or becoming a mentor visit: pcssmat.org/mentoring
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Have a clinical question? Please click the box below!

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Ask Now
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