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## Alcohol and Tobacco

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# Alcohol and Tobacco

Medical and Sociological Aspects  
of Use, Abuse and Addiction

Second Edition

 Springer

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## Foreword

Medical treatment, especially in the case of substance addiction, is heavily influenced by which typology is used. Those classification systems hewing closer to reality will, of course, be far more efficacious than those relying upon purely theoretical reasoning, based on anecdotes or even wishful thinking. Typologies incorporating reality work pragmatically because they more accurately capture human psychology, cause and effect, and how human beings interact with their world, as well as how their world influences them. We can know how well any addiction typology performs this task simply by how effective it is in alleviating addiction and its interrelated issues.

Professor Otto-Michael Lesch's typology (i.e. the Lesch Typology) has been tested and improved by over 40 years of applied experience of a world leading expert in the area. Based on patient behaviour patterns and the origin of the substance craving, Lesch found that there are four subtypes (called "models" by Lesch) of alcohol, tobacco and other substance-dependent patients. Each model makes central the patient's craving of the substance, but there are four different causes for that powerful desire. For the allergy model, the patient's craving is caused by alcohol or other substance, whereas the depressive model's desire stems from her mood. Stress causes substance craving in the conflict resolution and anxiety model. Finally, for the conditioning model, we find that compulsion is the source of the patient's consuming desire. Lesch and his colleagues not only develop the models, but also do a masterful job of showing interdependencies and interrelationships between various addictions and the addict, which provides readers with insights essential to a better understanding of the subject.

More importantly, of course, knowing what substance addiction is, how it functions and its cause provides a powerful tool for therapists and others in the mental health field. By identifying the craving's actual source and linking it with the patient's unique profile, each patient's treatment can be custom designed. This might entail only pharmacological treatment, but more often than not requires a combination of pharmacological and psychological treatments based on the patient's Lesch Type in the light of particular circumstances. To stop addiction's devastating consequences to the addicted and for whom there are meaningful relationships, communities and other stakeholders requires prevention of the craving desire by dealing with the four causes of that craving, as Lesch et al. have fully articulated and artfully presented.

In *Alcohol and Tobacco: Medical and Sociological Aspects of Use, Abuse and Addiction*, Otto-Michael Lesch and Henriette Walter, along with other contributors, create a book exploring and expanding Lesch's groundbreaking work. Beginning with a comprehensive history and analysis of the field, including the background on typologies, the authors set the stage for the later arguments and recommendations. They begin with the common sense but too neglected premise that "dependence is a disorder that covers the individual in its entirety and which is linked to brain dysfunctions, making the consumption of addictive drugs often only a complicating factor". Lesch et al. recognize the actual focus must always be on the person, and not complications. If we want to seriously deal with addiction, it follows, then we should focus on treating the entire individual in the context of relationships and environmental factors.

With the above argument, the authors make a needed criticism of many current approaches to handling addiction. Instead of treatment to sufficiently control or eliminate substance craving by sufficiently controlling or eliminating the source, much treatment, as well as social and governmental policing, is dedicated to eliminating actual and potential addicts' access to the substance. Lesch et al. argue that the latter is a waste of precious time and resources. Even if the system can eliminate availability, the addiction's source has not been altered. Without that crucial, psychological alteration, addicts will merely find something else on which to focus their craving. From alcohol to cigarettes to opioids to food, to whatever gives momentary satisfaction, what is craved does not really matter. It is any one of craving's four causes of craving that is relevant. Until that is adequately addressed, the patient will continue destroying "individual psyche and body".

Professor Lesch and his colleagues have provided a work that is not only informative but has enormous potential to improve the addict's mental and physical health, as well as that of those who care for them. It will continue the enormous impact that Professor Lesch has had in his field.

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## Foreword

The book is the result of the seminal research work of Professor Lesch and his co-workers in a growing and prominent topic of public health—alcohol and tobacco use disturbances, a global problem that is affecting evermore the younger population. The book provides a comprehensive clinical perspective on heterogeneous and multifactorial facts of addiction. The account of Professor Lesch stands upon clinical research data, and the results have important implications for the treatment of these patients—including a new paradigm for the conceptualization of the clinical approach of alcohol dependence. Addiction pattern was at first supposed to be homogeneous, but data from longitudinal prospective studies showed that different typologies of drinking and craving patterns exist and that they have important therapeutic implications.

Over the last few years, sophisticated neuroscientific and psychological techniques have deepened our knowledge of neurobiology and neuroimaging of reward and have provided new cognitive and emotional psychological paradigms for the initiation and maintenance of addiction. Nevertheless, the gap between basic sciences research and everyday clinical practice has increased, thus widening the gap between researchers and health practitioners. Dealing with these disturbances involves addressing the disturbances of subjective experience, the symbolic and cultural meaning of addiction and the specificities of the environment. Only then can diagnosis and treatment plans be devised. The typology described by Lesch in this book does aim at providing key elements for bridging the two approaches including diagnostic procedures and psychosocial treatments.

Overall, the book provides extensive information on what concerns basic research, diagnosis and classification systems, and it is a valuable tool to update the knowledge of an important clinical illness.

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## Foreword

Alcoholism and smoking are the most frequent causes of addiction in our century. The extent to which alcohol is associated with health problems is remarkable, with Europe sadly adopting a leading role. More than 55 million adult Europeans use alcohol irresponsibly, and more than 23 million can be categorized as alcohol-dependent. The costs of treating the medical sequelae of alcohol abuse and related occupational deficits, which are paid by the health systems, are tremendous. Most recently, Europe has reported 155.8 trillion Euros, equivalent to 1.3–3.3% of the gross national product per annum. Besides the dependency itself, a myriad of alcohol-related sequelae ranging from accidents to suicide as well as social and occupational problems (family problems, unemployment) need to be examined. Disability-adjusted life years (DALYs) account for the loss of life years due to death and loss of quality of life due to disease and disability. Alcohol consumption in Europe is responsible for 10.7% of all these DALYs, which resembles 16 million years of life. A particular cause for concern is the permanently declining age of initiation for alcohol use, which in the meantime has dropped to the age of 13–14. In view of the early onset of alcohol consumption, an increase in the number of alcohol dependents and severe alcohol-related sequelae, for example liver cirrhosis, have to be expected in the future. At present, 50% of all cases of cirrhosis of the liver are caused by chronic alcohol consumption. This accounts for more than 500,000 deaths in Europe per year.

Most alcohol dependents also smoke and, in fact, there are hardly any who do not. The effects of smoking are similarly health damaging, and a German study has shown that around 110,000 people die each year from tobacco-related causes (cancer, cardiovascular disease and respiratory diseases). Alcohol and tobacco dependence has remarkably wide-ranging effects on almost all organs of the human body. For this reason, it is very important that not only psychiatrists and addiction experts tackle this subject, but that physicians, regardless of their specialization, are also aware of the problem and are able to diagnose and choose adequate and timely interventions.

With his book, *Alcohol and Tobacco: Medical and Sociological Aspects of Use, Abuse and Addiction*, Professor Otto-Michael Lesch, a psychiatrist of the highest international reputation, with over 40 years of experience in treating dependents, has not only explored all of the major issues but has also managed to consider most aspects of dependence (prevention, diagnostics, sequelae, therapy). Despite the

comprehensive scope of his book, the authors have successfully managed to discuss certain aspects in more depth without losing sight of the whole picture. In this book, both theory-based researchers and professionals in practice will find the information they are looking for. Especially interesting are a number of case studies from practice that have been included in the book. Here, the authors have put special emphasis on the typology of alcohol dependence, which Lesch himself developed. Lesch's typology of alcohol dependence has received wide acceptance internationally and has recently been re-evaluated and structured by a research group, directed by Lesch. The reason why this typology is so important is that it can be used as a tool to predict both the assessment for prognoses and therapeutic responses to different therapies.

With his work in its second edition, Otto-Michael Lesch continues the classical tradition of German-speaking psychiatrists in the domain of alcohol research and treatment. In this respect, he sets new standards in almost all areas by introducing modern viewpoints and new scientific results. I congratulate Otto-Michael Lesch and his colleagues on this work and I also thank him sincerely. Meanwhile since its first edition, this book has been published in 16 languages and is available for many interested readers in the European Community, and I hope it helps to increase the quality of life of dependent patients.

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## Preface

Since the publication of the first edition, a multitude of international studies following the subgroups of alcoholism have been published. New basic research data have revealed significant differences in mechanisms of craving for these subgroups. Results have led to a better understanding of underlying mechanisms as well as to new therapeutic strategies.

This was also recognized by DSM V classification system, defining craving as the core symptom of addiction. The now existing possibility to diagnose “Developmental Disorders” in all psychiatric disorders is supported for addiction in our data for patients with Type IV alcohol dependency. Type IV patients significantly more often suffer of frontal lobe dysfunctions and cyclothymic and irritable temperament. This subgroup needs a special therapeutic approach.

In ICD 11, it is important to define the degree of severity—as in DSM V. Furthermore, it is now also possible to code the long-term course of a disorder. This is in agreement with our research and halls back, “full circle”, to our beginnings many years ago, as we started out with the goal to define predictors of the long-term course of alcohol dependence.

I wish to especially express my gratitude to scientists from countries ranging from Brasil to Korea as well as multiple countries from Eastern Europe as they did, with limited financial support, a great job furthering research according to our subgroups.

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## Acknowledgements

According to the authors, three experts made important contributions to different special chapters of this book:

Daniel König contributed to Chaps. 4, 6, 7 and 8.

Benjamin Vyssoki contributed to Chaps. 3, 6 and 7.

Souirti Nouredine contributed to Chap. 7 and wrote the part on chronobiology in Chap. 7.

Without these important contributions, the book would not reach this level of scientific knowledge.

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**Henriette Walter, MD** is retired University Professor at the Department of Psychiatry and Psychotherapy. She is secretary of the “AUSAM”, the Austrian Society of Addiction Medicine and an ESBRA board member. She is the associate editor of the journal *Hypnose*, a field in which she takes an active scientific interest since 1982. With the “theory of frontalisation” as the neuro-equivalent for the hypnotic state, she contributed to neuroimaging research in this field. She gives regular training courses in medical hypnosis.



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He has developed research in the area of alcohol and drug addiction, clinical psychology, psychometrics, cognitive-behavioural psychotherapy, anxiety and panic disorders, and adolescence.

He is the author of several research articles, book chapters and oral presentations, and reviewer in several scientific journals.

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**Souirti Nouredine, MA** is currently conducting his research as a postgraduate student at the Medical University of Vienna investigating sleep disorders in Lesch Type I and Type II smokers under the supervision of Professor Otto-Michael Lesch. He participated in different research projects about GABAA and NMDA receptors in neurodegenerative diseases in the Department of Biochemistry and Molecular Biology at the Center for Brain Research in Vienna. He spent some time conducting EEG studies in the Center for Postgraduate Studies in Zagreb. He participated in screening patients with different sleep disorders in the hospital of Charité, Berlin. His research interests include sleep disorders as early indicators of neurological diseases and comorbidities in neurological disorders.