

Managing co-occurring medical disorders

<p>Consider medical conditions when thinking about the impact of substance use</p>	<ul style="list-style-type: none"> • Asthma: inhalational drug use may worsen symptoms • Neurological conditions: Many prescription drugs, for example, Wellbutrin and illicit drugs, for example, alcohol can lower the seizure threshold. Chronic alcohol use can be toxic to peripheral nerves, especially in inherited disorders like Charcot-Marie-Tooth disease • Type 1 Diabetes: hypoglycemia can be confused with alcohol intoxication; marijuana use can stimulate appetite and consumption of low nutrition calories • Inflammatory Bowel Disease: alcohol use can change the gut flora and lead to exacerbation of symptoms • Rheumatological conditions: substances can interfere with medications; use of opioids and possibly cannabinoids over time can result in hyperalgesia making pain harder to manage • Congenital heart disease: stimulants can cause arrhythmias • Rhinitis/sinusitis: inhalational substance use can increase inflammation of the respiratory tract and increase symptoms. Many drugs also suppress the immune system and increase the likelihood and severity of infection.
<p>Give personalized brief advice</p>	<p>Research has demonstrated that adolescents who grow up with chronic disease are particularly receptive to information that helps them understand the intersection between their condition and substance use (i.e higher alcohol use is associated with higher rates of potentially life-threatening hypoglycemia and Diabetes Ketoacidosis) and those who understand the risks consume less.</p>
<p>Advise NOT USING is best and suggest a quit trial</p>	<p>Suggest a three-month “non-use” trial. If patient declines, suggest a briefer trial</p>
<p>Offer Drug testing</p>	<p>See separate guidance on drug testing</p>
<p>Offer supportive counseling</p>	<p>Teens attempting behavior change can benefit from supportive counseling. Coordinate care by sharing information with other members of the care team.</p>
<p>Follow-up visits</p>	<p>Follow up chronic disease markers more frequently in adolescents with a history of substance use</p>

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