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Alcohol and nicotine dependence: Shared mechanisms

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Alcohol and Nicotine Dependence: Shared Mechanisms

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Overview

- Epidemiological evidence of this association
- Overview of Potential Shared Mechanisms
- Focus on functional effects of concurrent use
- Highlights of studies investigating mechanisms for the association between alcohol and tobacco and relapse
Prevalence of Co-Occurring Diagnoses of Alcohol Use Disorders and Nicotine Dependence (Grant et al., 2001)

<table>
<thead>
<tr>
<th>Nicotine Dependence (12.8%)</th>
<th>Alcohol Diagnosis if Nicotine Dependent</th>
<th>Nicotine Dependence if Alcohol Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol Abuse (4.7%)</td>
<td>9.3%</td>
<td>25.5%</td>
</tr>
<tr>
<td>Alcohol Dependence (3.8%)</td>
<td>13.5%</td>
<td>45.4%</td>
</tr>
</tbody>
</table>
Percent Reporting Smoking Past Year by Current Alcohol Use Pattern

- Abstinent: 28.8%
- Moderate Drinking: 40.9%
- Hazardous Drinking: 24.9%
- Alcohol Dependent: 5.4%

McKee, unpublished data NESARC
Current Alcohol Use as a Function of Tobacco Use

McKee et al. unpublished data from the NESARC
Shared Mechanisms

– Shared Risk Factors
  • Genetics
  • Psychiatric risk factors

– Shared environmental factors
  • Inadequate parental monitoring
  • Increased availability
  • Stressful life events

– Pharmacological Interactions
  • Altered reinforcement
  • Cross tolerance
  • Conditioning
Alcohol Tobacco Interactions

Does alcohol consumption increase urge to smoke and inhibit ability to resist?

Does smoking promote urge to drink and drinking?

What are the subjective effects of alcohol, nicotine and their combined use?
Modeling the ability to resist the first cigarette (McKee, 2004)

- 16 smokers with moderate to heavy drinking patterns
- Tested with alcohol or masked placebo beverage cues

Termination of delay

Delay Period

• $ per min

Ad-Lib Period

• $ per cigarette

Alcohol + Cigarette Availability
Alcohol increases tobacco and alcohol craving

**Tobacco**

\[ F(1,15) = 6.88, p = .02 \ (time \times \ session) \]

**Alcohol**

\[ F(1,15) = 3.52, p = .08 \ (time \times \ session) \]
Alcohol reduces the ability to resist the first cigarette

Mean length of delay after consuming alcohol or placebo

\[ t(15) = 2.88, p = .01 \]
Alcohol increases subsequent smoking

Mean ½ cigarettes smoked during ad-lib period

- **Alcohol (0.03 g/dl)**
  - Mean ½ cigarettes smoked: 3.06 (0.51)

- **Placebo**
  - Mean ½ cigarettes smoked: 2.25 (0.39)

**t(15) = 1.98, p = .06**

**Beverage Type**
Does Smoking Elicit Urge to Drink and Drinking Behavior?

- Smoking in combination with alcohol, but not smoking abstinence, increased responding for an alcohol reward (Perkins et al, 2000).

- Using EMA technology in alcoholics quitting smoking and drinking Cooney (SRNT, 2005):
  - Alcohol urge increased immediately after cigarette smoking.
Summary

• Alcohol can increase craving for cigarettes and undermine the ability to resist smoking
• Provides support for advice to avoid alcohol during a quit attempt
• Smoking in combination with alcohol increases alcohol consumption
• Modest increase in urge to drink in abstinent alcoholics
Independent and Combined Effects

Alcohol Effects

Ascending limb
Stimulation

Descending Limb
Sedation, fatigue
Impairment

Nicotine Effects

Increased alertness
Increased tension and arousal
Decreased fatigue

Combined Effects

Decreased intoxication
Decreased sedation

Perkins et al., 1997, 1999, 2000
Zacny, 1990
Smoking reduces sedation from alcohol measured with the BAES.

Functional Significance

- Nicotine antagonism of acute alcohol induced sedation or intoxication:
  - Allow additional drinking
  - Reinforce smoking through negative reinforcement
  - Enhance positive effects of smoking

- What about possibility that smoking could counteract aversive effects of chronic alcohol consumption?
GABA$_A$-Benzodiazepine receptors are higher in Alcoholic Nonsmokers, but not in Alcoholic Smokers during first week of abstinence.
Severity of Alcohol Withdrawal Correlates with GABA$_A$-BZ Receptors in Alcoholics Abstinent < 7 days
Dependence and Withdrawal: Tolerance and Cross Tolerance

• Tolerance develops to one drug may transfer to the other drug.
  – This could promote more rapid development of dependence on each substance

• Hypothesis: Tobacco tolerance may contribute more in the progression of alcohol dependence due to cross tolerance
  – Smoking progresses more rapidly to dependence
  – Can smoke 18 hours a day
  – Alcohol use is limited by intoxicating effects
Alcohol Tobacco Interactions:

Role of Drug Associated Cues
Drug/Alcohol Associated Cues

Cues associated with drug use can become rewarding on their own and motivate behavior, including drug relapse.

- people, places, sight or smell of the drug, moods

These cues can:
- activate brain systems associated with addiction/alcoholism
- elicit craving and drug/alcohol-seeking behavior
- elicit withdrawal and drug/alcohol-taking behavior
Cross-Reactivity

“I want to smoke”

“I want to drink”
Summary

- Alcoholic smokers report stronger cue-elicited cravings than single addict groups.
- Substantial “cross-cue reactivity” between smoking and alcohol cues in alcoholic smokers.
Animal - Translational Studies

Understand the role of nicotine receptors in the neurobiology of cue-induced craving:

Can nicotine enhance the behavioral effects of cues?

Can a medication that blocks nicotinic receptors (Mecamylamine) block the behavioral effects of alcohol associated cues?
Behavior motivated by cues

- Rats learn to associate cues (light + tone) with reinforcer (“conditioning”)
- Tested the ability of cues (conditioned stimuli) to “motivate” behavior

Nicotine enhances responding for water cues

Mecamylamine blocks responding for alcohol cues

*Olausson, Löf, Söderpalm, and Taylor unpublished*
Summary and Implications

- Nicotinic receptors can modulate the ability of alcohol associated cues to “motivate” behavior
  - Enhanced with nicotine/smoking
  - Reduced with nicotine receptor antagonists

- Potential Implications:
  - Nicotine/smoking may enhance cue-induced craving for alcohol and promote continued smoking and drinking behavior
  - Mecamylamine may help prevent cue-induced craving for alcohol
Alcohol Tobacco Interactions

Will public policy interventions to reduce tobacco use also reduce alcohol drinking?

Policy Research
Economic Analysis of Shared Mechanisms

Substitutes
- An increase in the price of one, leads to an increase in demand for the other
- E.g., if the cost of cigarettes increases, people smoke less but increase their use of alcohol as a substitute

Complements
- An increase in the price of one leads to a decrease in demand for the other
- Most studies support the idea of modest complementary relationship
10% increase in taxes leads to a 7% reduction in tobacco use and a 2% increase in alcohol expenditures.
Summary

• Enhanced reinforcement
  – Similar positive effects may increase positive reinforcement
  – Opposing effects may also increase the reinforcing value of each drug

• Cross tolerance
  – Promote the more rapid development of dependence on each drug

• Cue reactivity
  – Cross reactivity between alcohol and tobacco cues
  – Nicotine itself may enhance the learning of the rewarding value of cues and their ability to elicit drug seeking
Summary

• We have preliminary evidence that may help explain in part the association between alcohol and tobacco dependence

• Integration of findings across different methods of analysis will be critical to this understanding and the development of more effective prevention and intervention.
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