

Addressing Mental Health Challenges: Alcohol and Substance Misuse

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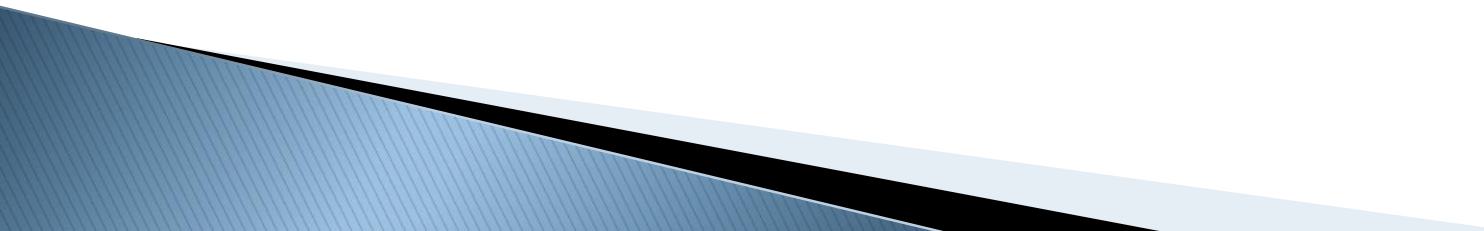


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No conflicts of interest to disclose



Why do substances matter in MBS?

- ▶ Risk of post-operative addiction issues
 - ▶ Impact on post-operative health/safety
 - ▶ Impact on post-operative adherence/outcome
- 

Postoperative Substance Issues

Substance-Related Problems after MBS

- ▶ Drugs **Almost nothing known**
Pretty rare

Caveat: increased Rx opioid use/new persistent Rx opioid use

- ▶ Alcohol **Much more is known**
Much more common
(Definitely “a thing”)

- Both RYGB and LSG, not LAGB
- In RYGB, 2/3 of post-op cases are new-onset
- Risk starts around 1.5–2 years post-op
- In RYGB, risk continues to rise through ≥ 20 yr post-op

How do we manage this?



How Do We Manage This?

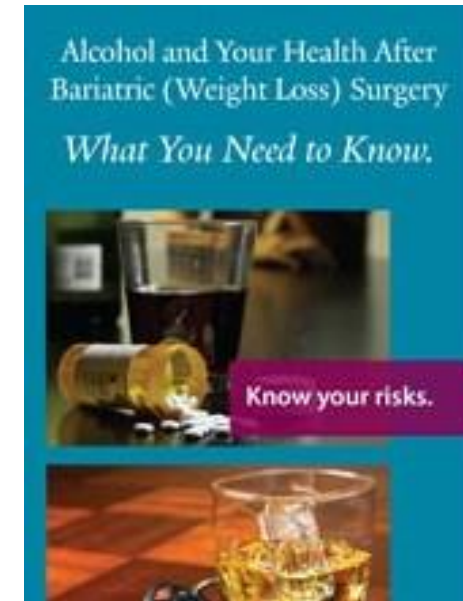
▶ Treatment

- Nothing known
- Established approaches likely appropriate
- Develop and maintain a referral network/database!

▶ Prevention/Early Identification

- Patient education (pre- and post-op)

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- ▶ Treatment
 - Nothing known
 - Established approaches likely appropriate
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- ▶ Prevention/Early Identification
 - Patient education (pre- and post-op)
 - **Long-term** post-op monitoring
 - Heightened education/monitoring for those at most risk
 - *Young age*
 - *Heavy pre-op [alcohol] use*
 - *Family Hx of addictions*

Assessing Post-Op Alcohol Use

- ▶ How **often** do you use alcohol?
- ▶ How **much** do you usually drink on a typical drinking occasion?
 - *Remember: Enhanced absorption after MBS!*
- ▶ Is this **more**, or **more often**, than before you had your surgery?

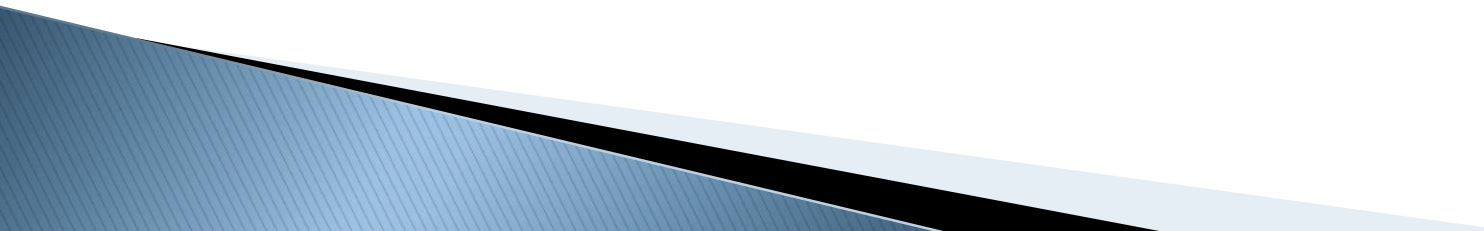
Assessing Post-Op Alcohol Use

- ▶ How **often** do you use alcohol?
- ▶ How **much** do you usually drink on a typical drinking occasion?
 - *Remember: Enhanced absorption after MBS!*
- ▶ Is this **more**, or **more often**, than before you had your surgery?
- ▶ Have you or anyone you know had any **concerns** about your alcohol use?
- ▶ Has your alcohol use been having any **consequences** in your life?
 - Work, relationships, health, *weight recurrence*, etc.

Assessing Post-Op Drug Use

- ▶ Have you been using any **drugs**, or **misusing prescribed drugs**?
 - *Including prescribed opioid painkillers*
- ▶ Is this an **increase**, or a **new** behavior since your surgery?

Assessing Post-Op Behavioral Addictions

- ▶ Are there any **behaviors** that you have been doing too much of, such as gambling, spending, sex, or shoplifting?
 - ▶ Is this a **new** behavior since your surgery?
- 

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 - Develop and maintain a referral network/database!
- ▶ Prevention/Early Identification
 - Patient education (pre- and post-op)
 - Long-term post-op monitoring
 - Heightened education/monitoring for those at most risk
 - *Young age, heavy pre-op use, family Hx of addictions*
- ▶ Educate all providers likely to treat MBS patients!

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THANK YOU!!

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