Nawroty w uzależnieniu od alkoholu
Część 2: Biologiczne predyktory

Relapse in alcohol dependence. Part 2: Biological predictors

Marcin Wojnar, Anna Ślufarska, Michał Lipiński

Katedra i Klinika Psychiatryczna Akademii Medycznej w Warszawie

Abstract – Alcohol dependence is a chronic disorder, and despite treatment efforts, most treated alcoholic patients achieve only short-term abstinence. The majority of treated alcoholics relapse. The importance of identifying predictors of relapse is essential in order to target them in the treatment process. This article addresses biological relapse predictors.

Numerous biological markers for the predisposition to alcohol dependence have been identified so far but only few studies systematically have investigated biological predictors of relapse. These research have shown that some biological markers reflecting altered activity of central nervous system (CNS) are associated with an increased risk for relapse in alcoholic patients. Among them, central dopamine hypofunction as evidenced by reduced GH response to apomorphine and increased density of striatal D2 receptors in SPECT examination, specific D2 receptors genotype, were proposed as markers of relapse. Some studies have reported correlation between serotonergic activity dysfunction and susceptibility to relapse. Also decreased plasma beta-endorphin levels and decreased activity of hypothalamo-hypophyseal-adrenal system might be regarded as possible biological markers of relapse risk in alcoholism. Other studies have shown that polysomnography recorded sleep disturbances such as increased REM frequency (especially in early abstinence period) are significant predictors of poor treatment outcomes in alcoholic patients. Fast beta power or other EEG abnormalities, changes in event-related potentials indicating reduced frontal lobe activity have been considered as the other risk factors for failure in maintaining abstinence. The most recent studies have shown that genetic factors also may contribute to the predisposition to relapse in alcoholism. Susceptibility to dependence was found to be associated with polymorphisms of D2, D3 dopamine receptors genes, 5-HT1B gene, dopamine transporter gene, serotonin transporter gene and CB1 cannabinoid receptor gene. It is suggested that polymorphism of DRD2 gene in exon 8 is related to increased risk of relapse to drinking.

Key words: alcohol dependence, relapse, dopaminergic system, sleep disorders, genetic predisposition

Streszczenie – Większość pacjentów, niezależnie od rodzaju terapii, jest w stanie osiągnąć tylko krótkotrwałą abstynencję. Poznanie czynników zwiększających ryzyko nawrotu u osób uzależnionych od alkoholu jest niezwykle istotne dla zrozumienia złożonej patogenezy choroby oraz poprawy jej rokowania. Przedmiotem tego artykułu są biologiczne predyktory nawrotów.

Ważną rolę w podatności na nawroty w przebiegu uzależnienia od alkoholu odgrywają czynniki biologiczne. Badania nad biologicznymi predyktorami nawrotu w głównej mierze dotyczą oceny