Title - Addiction and Treatment with Methadone - Why do people have cravings?

Drugs change how the brain works - one of the biggest fears an addict has is fear of withdrawal - The neuronal connections that connect a symptom to a respone have changed - So for ~~an~~ example an addict gets tired in the evening ~~after~~ a hard day of work, his mind thinks it is due to a withdrawal & he needs more drugs, instead of "It is natural to be tired by the end of day."

This makes methadone ~~treatment~~ dosing exceptionally difficult as people are not gauging their ~~symptoms~~ doses with the symptoms appropriately.

Just like in Pavlov dog theory where the dog begins to salivate with the ringing of bell - A new neurological connection has developed from the Auditory center of brain to the salivary gland - This is the phenomenon of conditioning.

We see prime examples of this in Methadone Clinics - After the

initial period of induction and stabilization the dose is more or less established. However it is common to see requests for ongoing change in dosing even after prolonged stabilization for reasons that clearly are not withdrawal related.

Any other reasons for these symptoms is not entertained by patients and even by medical staff at times. The focus is to adjust methadone dosing.

A true incident is of a patient who has been on stable dose for over 1yr now feels unstable. Reports feels very tired in the afternoon, "like I have not taken any methadone." Further evaluation reveals no new medication. But weight gain and sleeping only 5-6 hrs/night. Patient advised to increase sleep hours and get screened for sleep apnea & same dose continued.

Biography:- Nabila Babar, MD went is Board certified in Internal Medicine and American Society of Addiction Medicine certified Has been practicing Addiction Medicine for 20 years.