

Naltrexone and the Pharmacological Extinction of Addiction: Treating Alcohol Use Disorder with the Sinclair Method (TSM)

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THE TREATMENT FOR ALCOHOLISM
THEY DON'T WANT YOU TO KNOW ABOUT



ONE LITTLE PILL

Narrated by Claudia Christian Directed by Adam Schomer

USING THE **SINCLAIR METHOD**
FOR VETERANS WITH ALCOHOL USE
DISORDER



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They fought for our
freedom.



We are fighting for
their lives.





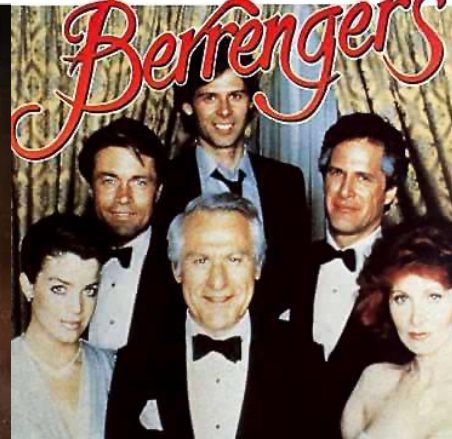
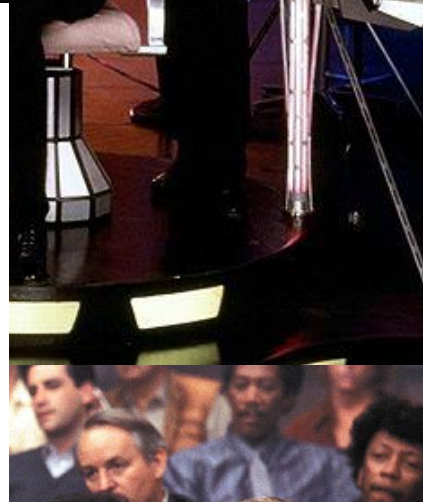
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"An honest, mesmerizing insight into alcoholism and the road back out." —Neil Gaiman



Alcohol Mortality, Treatment and Relapse

- In 2011, an estimated **2.5 million people** died from alcohol-related injuries or illnesses (ARI)
- On average in 2012, **1 person died every 10 seconds** (3.3 million, an increase of 32% over the previous year)
- **90%** of people with AUD go untreated
- **42%** of people who need help fail to seek it because they believe treatment means abstinence

Relapse is considered inevitable

- Only 5-8% of those who seek treatment using AA are successful
- Of the 10% who seek help, 90% are expected to relapse within the first 4 years

More than 700,000
Americans receive
treatment for alcohol
dependence every
day.

#OptionsSaveLives



How Traditional Treatments Are Failing

- Alcohol is a chronic issue treated acutely
- Addiction is moralized and monetized
- Treatment is often punitive/court mandated
- Addiction is treated differently from other diseases
- Addiction is a medical, genetic and environmental affliction, yet most facilities focus on cognitive and spiritual “defects”

Solution: Naltrexone and the Sinclair Method (TSM)

- Naltrexone was FDA-approved to treat alcoholism in 1994
- Oral naltrexone is inexpensive compared to brand name injections, detox, and rehab
- Naltrexone + alcohol = pharmacological extinction (TSM)
- Naltrexone blocks the endorphins that reinforce addiction
- Pavlov's dog in reverse



Using Naltrexone to Treat Alcohol Use Disorder

Benefits

- Naltrexone is non-addictive
- 78% long-term success rate
- Reduces treatment barriers
- Well-studied: 120+ clinical trials over 20+ years
- More financially accessible than rehab/detox
- Craving eliminated
- Primary treatment in Finland

Challenges

- U.S. medical community is entrenched in abstinence
- Generic drugs are difficult to monetize
- Stigma of being branded “alcoholic” keeps people closeted about their drinking
- “Functional alcoholic” and binge drinkers often untreated until “rock bottom” event

Naltrexone in the News



Psychiatry (Edgmont). Oct 2006; 3(10): 36-39.
Published online Oct 2006.

PMCID: PMC2945872

The COMBINE Study— An Overview of the Largest Pharmacotherapy Study to Date for Treating Alcohol Dependence

[Helen M. Pettinati, PhD](#),¹ [Raymond F. Anton, MD](#), and [Mark L. Willenbring, MD](#)

EVIDENCE-BASED REVIEWS

Medication for alcohol use disorder: Which agents work best?

FDA-approved and off-label medications help patients achieve abstinence and maintain sobriety.

Current Psychiatry January 2014;13(1):22-29.

JAMA The Journal of the
American Medical Association

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Original Investigation | May 14, 2014

Pharmacotherapy for Adults With Alcohol Use Disorders in Outpatient Settings A Systematic Review and Meta-analysis

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JAMA. 2014;311(18):1889-1900. doi:10.1001/jama.2014.3628.

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Overcoming Addiction

Healing through harm reduction

by Ken Anderson, MA

Drink Your Way Sober with Naltrexone

Why have so few US doctors and therapists heard of The Sinclair Method?

Published on July 27, 2013 by Kenneth Anderson, MA in Overcoming Addiction

For more information visit:

www.cthreefoundation.org

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