



UNDERSTANDING ALCOHOL USE DISORDER

EVIDENCE-BASED TREATMENTS AND STRATEGIES

WHAT IS AUD?

AUD is a chronic medical condition characterized by impaired control over alcohol consumption, leading to adverse health, social, and economic consequences.

DID YOU KNOW?

29.5 MILLION PEOPLE

aged 12 and older in the U.S. had an AUD in 2021.

BUT...

ONLY 0.9 PERCENT

received medication for their alcohol use.

ON THE RISE

Increased binge drinking in women in the last 25 years.

BARRIERS TO TREATMENT



Stigma and societal views



Confidentiality concerns



Lack of access to treatment



Cost and coverage challenges



Barriers unique to women:
cost, childcare, transportation



Less alcohol screening for women



Prescriber barriers: discomfort,
knowledge gaps, attitudes

WHAT CAN PROVIDERS DO?



SCREEN EARLY

Integrate the NIAAA (National Institute on Alcohol Abuse and Alcoholism) Single Item Screener into routine healthcare visits.

Ask males:



"How many times in the past year have you had five or more drinks in a day?"

Ask females:



"How many times in the past year have you had four or more drinks in a day?"



PRESCRIBE MEDICATION



Research supports FDA-approved medications as first-line treatments for AUD: **Naltrexone (oral and intramuscular), Acamprosate, and Disulfiram.**



Off-label medications with strong evidence in treating AUD include **topiramate and gabapentin.**



Medication for AUD show **reduced alcohol consumption, better treatment retention, lower risk of alcohol-related complications, and abstinence.**

Some individuals might require a referral to specialists with expertise in AUD or a higher level of care.

LEARN MORE AT [ELEARNING.ASAM.ORG/ALCOHOL-USE-DISORDER](https://elearning.asam.org/alcohol-use-disorder)

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