Ghodse’s Drugs and Addictive Behaviour
A Guide to Treatment

Fourth Edition
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To Barbara; Amir-Hossein, Catherine and Leila; Nassrin, Matthias and Kiyan; and Ali-Reza
When you can cure by regimen, avoid having recourse to medicine; and when you can effect a cure by means of a single medicine, avoid using a compound one.

RAZI (RHAZES)
Persia, 850–922 AD
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Although the structure of the fourth edition of this book remains unchanged, there has been significant updating and revision throughout. Every attempt has been made to retain the straightforward approach adopted in the earlier editions, so that the contents are easily accessible to a wide audience, and the emphasis, throughout, has been on practical approaches so that the book is genuinely ‘a guide to treatment’.

Two major changes have been made. Firstly, in addition to the chapter on Alcohol, which was added in the third edition and which has been extensively revised and updated, another new chapter has been included on Tobacco (Chapter 5). Obviously, a short chapter can only touch on the major issues of this very complex subject. However, it makes the text more comprehensive and emphasizes the close links between dependence on tobacco and alcohol and dependence on other substances. Although references have been updated to reflect new evidence or confirmation of earlier work, the book remains an authoritative text, extensively based on wide experience and enhanced, in this edition, by each chapter having been reviewed by senior national and international experts in the relevant field.

In view of the increasing globalization of drug use and misuse, a wide range of international statistics have been included in Chapter 2 and the international bodies involved in drug control are described in Chapter 13. The figures provided in Chapter 2 are updated annually using the most recent information available. To access the most recent data see: http://www.incb.org/ and http://www.unodc.org/. The Guiding Principles on Demand Reduction, adopted by the Special Session of the General Assembly of the United Nations in 1998 and reviewed again at international ministerial level in 2009, emphasize the importance of prevention, treatment and rehabilitation which are all covered in various sections of this book. Some aspects of the book relate primarily to UK practice but every attempt has been made to make it useful to practitioners worldwide. Reflecting changes in this field over the last few years, sections dealing with HIV and hepatitis C in relation to substance misuse have been extensively revised.

It is impossible to acknowledge all the sources of inspiration and information on which I have drawn while writing this book, but first of all, and above all, I must thank my patients—all the patients with substance misuse problems whom I have met over the last 40 years and more. They are the raison d’être of the book and the experience I have gained with them and from them is central to it.

Additional material has been drawn from the work of the worldwide community of scientists and researchers in the field, and the World Health Organization, the United Nations, the UN Drug Control Programme, the International Narcotics Control Board and the National Institute on Drug Abuse (NIDA) have all been valuable sources of information.

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