

## Take the First Step

If you or someone you know is struggling with Alcohol Use Disorder, remember that you are not alone. Help and support are available to guide you towards a healthier life. Reach out to begin your journey towards recovery.

Recovery is a unique and personal journey. With the right support, determination, and commitment, you can overcome it.

Recovery is possible.  
Take the first step.

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- 🌐 [www.nams.sg](http://www.nams.sg)
- 📘 National Addictions Management Service
- 📱 @nams.sg

Sept 2023



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## Seeking Help for Alcohol Use Disorder

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## What is Alcohol Use Disorder?

Alcohol Use Disorder, commonly known as AUD, is a chronic medical condition characterised by compulsive and problematic use of alcohol. It is a spectrum disorder that can range from mild to severe.

## Signs and Symptoms of Alcohol Use Disorder:

- **Loss of Control:** Difficulty limiting or stopping alcohol consumption, despite wanting to do so.
- **Cravings:** Strong desires or urges to drink alcohol, often leading to intense preoccupation with obtaining and consuming alcohol.
- **Tolerance:** Needing to drink increasingly larger amounts of alcohol to achieve the desired effect or experiencing diminished effects with the same amount.
- **Neglecting Responsibilities:** Neglecting personal, professional, or social responsibilities due to alcohol consumption or its after-effects.
- **Continued Use Despite Consequences:** Continuing to drink alcohol despite experiencing negative consequences.

## Treatment and Recovery

We understand that struggling with alcohol use can be challenging and overwhelming. NAMS provide a comprehensive programme that includes not only counselling, therapy, and support groups, but also the option of medication-assisted treatment to support your recovery journey.

Medications along with counselling and behavioural therapies can help you manage:

- Reduce craving
- Manages withdrawal symptoms
- Reduce the risk of relapse
- Improve the chance of successful recovery

## Types of Medication Used

- **Naltrexone**  
Reduces pleasurable effects of alcohol, and reduces cravings.
- **Acamprosate**  
Reduces symptoms of protracted alcohol withdrawal (eg anxiety, irritability, insomnia) and cravings. It is typically used to support long-term abstinence from alcohol.
- **Disulfiram**  
Works by causing unpleasant symptoms, such as nausea and vomiting, when alcohol is consumed. This medication acts as a deterrent, helping to discourage alcohol use.
- **Topiramate**  
Reduces alcohol cravings and help with alcohol use disorder.
- **Baclofen**  
May reduces cravings, helps manage withdrawal symptoms.

The above medicines are the commonly advised medications in the treatment of alcohol use disorder. Consultation with your healthcare professional is advised to determine the most suitable medication and its associated costs for your specific needs.

