

Mindful Continuing Education

Cocaine Facts

What is Cocaine?

1. The two chemical forms of cocaine that are abused are the water-soluble hydrochloride salt and the water-insoluble cocaine base, which are either injected or snorted in a powder form or smoked after creating a base form.

- A. True
 - B. False
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How is Cocaine Used?

2. Cocaine use ranges from occasional to repeated or compulsive use, with a variety of patterns between these extremes, and any route of administration can potentially lead to absorption of toxic amounts of cocaine, causing heart attacks, strokes, seizures, and even sudden death.

- A. True
 - B. False
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What are Some Ways that Cocaine Changes the Brain?

3. Each of the following is a correct statement about the brain and cocaine EXCEPT:

- A. Animal studies show that cocaine exposure can cause significant neuroadaptations in neurons that release the excitatory neurotransmitter glutamate, and animals chronically exposed to cocaine demonstrate profound changes in glutamate neurotransmission
 - B. The ventral tegmental area seems to act as a critical integration site in the brain that relays information about both stress and drug cue to other areas of the brain, including ones that drive cocaine seeking
 - C. Cocaine increases the amount of the natural chemical dopamine in the brain, which impacts body movement, motivation, pleasure, and reward
 - D. Research suggests that cocaine elevates stress hormones, inducing neuroadaptations that further increase sensitivity to the drug and cues associated with it
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What are the Long-Term Effects of Cocaine Use

4. When cocaine users binge and use the drug repeatedly and at increasingly higher doses, this often causes to anxiety, confusion, sleeping problems, reduced coordination and violent behavior.

- A. True
 - B. False
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How is Cocaine Addiction Treated?

5. Factors to consider when treating cocaine addiction include:

- A. The majority of individuals who seek treatment for cocaine use smoke crack and are likely to be polydrug users
 - B. Several medications marketed for other diseases show promise in reducing cocaine use within controlled clinical trials, with disulfiram showing the most promise
 - C. Researchers have developed and conducted early tests on a cocaine vaccine that could help reduce the risk of relapse by stimulating the immune system to create cocaine-specific antibodies that bind to cocaine, preventing it from getting into the brain
 - D. All of the above
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Behavioral Interventions

6. Cognitive-behavioral therapy (CBT) is an effective approach for preventing cocaine relapse by helping patients develop critical skills that support long-term abstinence, including the ability to recognize the situations in which they are most likely to use cocaine, avoid these situations, and cope more effectively.

- A. True
 - B. False
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How is Cutting-Edge Science Helping Us Better Understand Addiction?

7. The two areas of science that are significantly advancing the understanding of cocaine addiction are brain imaging and:

- A. Epidemiology
 - B. Genetics
 - C. Physiology
 - D. Pathology
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