

#### FERNANDO RODRÍGUEZ DE FONSECA & OLGA VALVERDE









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#### *TWIST YOUR BRAIN! IT DOESN'T HURT*



- LET'S EXPLAIN A FEW HISTORICAL MILESTONES THAT SHOW WHY
  ADDICTION IS A BRAIN SCIENCE
- (the new narcos know more about chemical neuroscience that most of us)





#### SCHEME OF THE TRAINING

- Min 1 $\rightarrow$ 25: WHY ADDICTION IS A BRAIN SCIENCE
  - (Dr. Fernando Rodriguez de Fonseca)
  - HISTORICAL VIEW OF SCIENTIFIC THEORIES OF ADDICTION
  - HOW THE MOTIVATIONAL BRAIN EMERGES AS THE CORE OF THE PROBLEM
- Min 25→70: THE NEUROSCIENCE OF SUBSTANCE USE DISORDER
  - (Dr. Olga Valverde)
  - ADDICTION IS AN ADAPTIVE DISORDER
  - STARRING ROLES: MOLECULAR, CELLULAR AND CIRCUITS
- Min 70→80: OVERLAPING NEUROSCIENCE OF ADDICTION AND MENTAL DISORDERS.
- Min 80→90 GENERAL DISCUSION AND QUESTIONS







www.sciencemag.org • SCIENCE • VOL. 278 • 3 OCTOBER 1997

#### FRONTIERS IN NEUROSCIENCE: THE SCIENCE OF SUBSTANCE ABUSE

## Addiction Is a Brain Disease, and It Matters

Alan I. Leshner

YES, IT HAS MEDICAL CONSEQUENCES, BUT THE DEBATE IS STILL OPEN



HYPOTHESIS AND THEORY ARTICLE published: 11 April 2013 doi: 10.3389/fpsvt.2013.00024



Addiction is not a brain disease (and it matters)

Neil Levy \*

Florey Institute of Neuroscience and Mental Health, The University of Melbourne, Parkville, VIC, Australia







ADDICTION IS CAUSED BY CHEMICALS

- ONLY FEW CHEMICALS, LESS THAN 1/100.000, HAVE THE POTENTIAL OF BEING ABUSED BY HUMANS.
- WHEN GIVEN THE OPPORTUNITY OF SELF-ADMINISTERING THESE COMPOUNDS, ANIMALS USE, ABUSE AND CAN LOSS CONTROL OVER INTAKE
- ALONG HISTORY, WE ISOLATED THESE COMPOUNDS FROM PLANTS AND LEARNT HOW TO SYNTHESIZE THEM, OPTIMIZE ITS CHEMICAL NATURE, AND CREATE NEW PRODUCTS.

MORPHINE → 1817 NICOTINE → 1828 COCAINE → 1862 THC → 1964 HEROIN  $\rightarrow$ AMPHETAMINE  $\rightarrow$ SPICE HU-210  $\rightarrow$ MEPHEDRONE  $\rightarrow$  1929 (2003)







ADDICTION IS CAUSED BY CHEMICALS

- ALL LEGISLATION, INTERNATIONAL TREATS, POLICIES, AND EVEN WARS ARE AROUND THESE CHEMICALS. THINK ABOUT UNO SCHEDULES: JUST CHEMICALS WITH OR WITHOUT MEDICAL INTEREST.
- UPON DISCOVERY OF THE TARGETS OF THESE CHEMICALS NEW MEDICINAL CHEMISTRY PROGRAMS LAUNCHED BY PHARMACEUTICAL INDUSTRY AND ACADEMIA PRODUCED HUNDREDS OF NEW STRUCTURES WITH ADDICTIVE POTENTIAL
- THOSE NEW CHEMICALS FLOODED THE MARKET IN THE XXI CENTURY. THE EPIDEMICS OF NPS
- IMPORTANTLY: ALL THE TARGETS OF THE PSYCHOATIVE DRUGS ARE IN THE BRAIN. AND THIS WAS KNOWN EARLY IN THE HISTORY. BUT IT DOESN'T CHANGE THE LANDSCAPE: THE IMPORTANT QUESTION FOR THIS THEORY IS TO SUSTAIN THE CHEMICAL NATURE OF ADDICTION.





#### ADDICTION IS CAUSED BY CHEMICALS

#### New psychoactive substances (NPS) — at a glance







#### THEORY 2 THE CONSEQUENCE OF THE ACTIVATION OF A DOPAMINE-BASED BRAIN REWARD SYSTEM



J Comp Physiol Psychol. 1954 Dec;47(6):419-27. Positive reinforcement produced by electrical stimulation of septal area and other regions of rat brain. OLDS J, MILNER P.





Science

Vol 187, Issue 4176 14 February 1975

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Biomédica de Málaga

#### THEORY 2 THE CONSEQUENCE OF THE ACTIVATION OF A DOPAMINE-BASED BRAIN REWARD SYSTEM

Neurochemical neurocircuits in drug reward



ma

ADDICTION IS A CONSEQUENCE OF THE ACTIVATION OF A DOPAMINE-BASED BRAIN REWARD SYSTEM









#### DRUGS OF ABUSE INCREASE DOPAMINE RELEASE IN THE BRAIN





#### ADDICTION IS AN ASSOCIATIVE-LEARNING DISORDER WHERE CONTEXTUAL LEARNING PLAYS A ROLE



Phil. Trans. R. Soc. B (2008) **363**, 3137–3146 doi:10.1098/rstb.2008.0093 Published online 18 July 2008

Review

# The incentive sensitization theory of addiction: some current issues

Terry E. Robinson\* and Kent C. Berridge

Department of Psychology (Biopsychology Program), The University of Michigan, East Hall, 530 Church Street, Ann Arbor, MI 48109, USA

Addiction is caused primarily by drug-induced sensitization in the brain mesocorticolimbic systems that attribute incentive salience to reward-associated stimuli. If rendered hypersensitive, these systems cause pathological incentive motivation ('wanting') for drugs.





#### FUNCTIONAL NEUROANATOMY OF DRUG-ASSOCIATED STIMULI



#### ADDICTION IS AN HEDONIC HOMEOSTASIS DYSREGULATION

#### Addiction = Transition = Plasticity



Substance Dependence on Alcohol

**REINFORCEMENT**, LEADING TO **DYSPHORIA** 





























ADDICTION IS A TRANSITION FROM INCENTIVE LEARNING TO HABITS: THE LOSS OF CONTROL



ADICCTION IS A DISORDER RELATED TO THE TRANSITION FROM IMPULSIVE TO COMPULSIVE DRUG USE.

THE KEY: HABIT FORMATION





#### ADDICTION IS A TRANSITION FROM INCENTIVE LEARNING TO HABITS: THE LOSS OF CONTROL







Psychopharmacology (2013) 229:387-413 DOI 10.1007/s00213-013-3224-4

THEORETICAL AND METHODOLOGICAL PERSPECTIVES

#### A multistep general theory of transition to addiction

Pier Vincenzo Piazza · Véronique Deroche-Gamonet

Psychopharmacology (2013) 229:387-413







389



## **Twist Session**

## Neuroscience

#### Olga Valverde MD PhD

Neurobiology of Behavior Research Group (NeuroBio-GReNeC) Department of Experimental and Health Sciences Universitat Pompeu Fabra

Lisbon, October 2017

### **Substance Use Disorders**



## Addiction is a chronic disease





## Addiction is a chronic disease



## Addiction is a chronic disease



#### Under control



•	
	- 2 -
•	
•	
•	
•	
	- 2 -

#### Lost of control



## **Behavioral repertoire:**



Neuroadaptive Phenomena



Koob GF, Brain Res, 2009.



# A common phenomenon for the different prototypic drugs of abuse

Table 1   Acute actions of some drugs of abuse			
Drug	Action	Receptor signalling mechanism	
Opiates	Agonist at $\mu$ -, $\delta$ - and $\kappa$ -opioid receptors*	G <sub>i</sub>	
Cocaine	Indirect agonist at dopamine receptors by inhibiting dopamine transporters‡	G <sub>i</sub> and G₅ <sup>§</sup>	
Amphetamine	Indirect agonist at dopamine receptors by stimulating dopamine release <sup>‡</sup>	G <sub>i</sub> and G₅ <sup>§</sup>	
Ethanol	Facilitates GABA <sub>A</sub> receptor function and inhibits NMDA receptor function <sup>II</sup>	Ligand-gated channels	
Nicotine	Agonist at nicotinic acetylcholine receptors	Ligand-gated channels	
Cannabinoids	Agonist at CB <sub>1</sub> and CB <sub>2</sub> cannabinoid receptors <sup>1</sup>	G <sub>i</sub>	
Phencyclidine (PCP)	Antagonist at NMDA glutamate receptors	Ligand-gated channels	
Hallucinogens	Partial agonist at 5-HT <sub>2A</sub> serotonin receptors	G <sub>q</sub>	
Inhalants	Unknown		

### The mesocorticolimbic dopamine system



Lüscher and Malenka, 2011

## Drug addiction is an adaptive phenomenon

# Long-term cellular and molecular effects are developed during drug exposure





## **Transcription factors**

**CREB: cAMP response element binding protein.** 

- Superfamily of transcriptor factors (bZIP)
- Dimerization and binding to CRE sequences
- Activated by fosphorilation at \$133
- CREB binding protein (CBP) link to transcription initiation complex (HAT activity)



## **CREB: cAMP response element binding protein**





Carlezon et al., Science, 1998
## **CREB: cAMP response element binding protein**





Carlezon et al., Science, 1998

### **CREB: cAMP response element binding protein**



b Mutant Creb1∞∆





### **CREB: cAMP response element binding protein**



Creb1NesCre

Total number of visits



## **Transcription factors:** △**FosB**



Nestler E. Neuropharmacology, 2004

- Acute drugs of abuse increase the expression of Fos and Jun proteins in the N.
   Acc
- Fos dimerize with a Jun family member to form activator protein-1 (AP-1)
- ΔFosB is produced in a small degree during acute administration. Accumulates after repeated exposure and results in a mechanism by which chronic drug exposure can lead to changes in gene expression.
   5-days





## **BDNF: Brain Derived Neurotrophic factor**

- Expression under the control of CREB
- Increased after cocaine withdrawal and maybe responsible for the enhanced responses to cocaine cues during craving







# Intra-dmPFC BDNF suppressed cocaine-primed reinstatement



Berglind, W. J. et al. J. Neurosci. 2009.

BDNF signaling in the DL striatum keeps alcohol intake in moderation (Ron et al., J Neurosci, 2016).

## Neuronal plasticity is associated to drug addiction





Figure 5 I **Regulation of dendritic structure by drugs of abuse.** The figure shows the expansion of a dendritic tree after chronic exposure to a drug of abuse, as has been observed in the nucleus accumbens and in the prefrontal cortex. The areas of magnification show an increase in dendritic spines, which is postulated to occur in conjunction with activated nerve terminals. Such alterations in dendritic structure, which are similar to those observed in other examples of synaptic plasticity such as long-term potentiation, could mediate long-lived sensitized responses to drugs of abuse or environmental cues.

#### Drug-induced changes in neuronal morphology

♠	Stimulants	Drug regimen	Structural change	Molecular mediators
creas	NAc medium spiny neuron	EA chronic cocaine (2-4 hr w.d.)	Thin spines	NFκB, deltaFosB, G9A
Ĕ		EA or SA chronic cocaine (24 hr-months w.d.)	Mushroom spines; dendrite complexity	CDK5, MEF2
		EA chronic cocaine 3 week w.d. + challenge dose (24 hr w.d.)	Thin spines	
	VTA dopamine neuron	EA acute cocaine (2-4 hr w.d.)	Spine density	NA
	Hippocampus pyramidal neuron	NA	NA	NA
	mPFC pyramidal neuron	EA or SA chronic cocaine (24 hr -months w.d.)	Spine density; dendrite complexity	NA
	oPFC pyramidal neuron	EA or SA chronic cocaine (24 hr -months w.d.)	<ul> <li>Spine density; dendrite complexity</li> </ul>	NA
	Opiates	Drug regimen	Structural change	Molecular mediators
	NAc medium spiny neuron	SA and EA chronic morphine (1 month w.d.)	Spine density; dendrite complexity	NA
	VTA dopamine neuron	EA chronic morphine pellet (24 hr w.d.)	↓ Cell body size	BDNF, IRS2, Akt
	Hippocampus pyramidal neuron & dentate gyrus granular cell	SA chronic morphine (1 month w.d.)	↓ Spine density	NA
926	Hippocampus pyramidal neuron & dentate gyrus granular cell mPFC pyramidal neuron	SA chronic morphine (1 month w.d.) SA and EA chronic morphine (1 month w.d.)	<ul> <li>Spine density</li> <li>Spine density; dendrite complexity</li> </ul>	NA

SA=self administered; EA=experimenter administered; w.d.=withdrawal; mPFC=medial prefrontal cortex; oPFC=orbital prefrontal cortex; NAc=nucleus accumbens; VTA=ventral tegmental area; BDNF=brain derived neurotrophic factor; IRS2=insulin receptor substrate 2; Akt=thymoma viral protooncogene; NFkB=nuclear factor kappa b; CDK5=cyclin dependent kinase 5; MEF2= myocyte enhancing factor 2; NA=not available.

oPFC is the only brain region studied that morphine increases spine density and complexity.

### **Structural plasticity**

- ✓ Learning
- ✓ Environmental manipulations (isolated vs. complex environment)
- $\checkmark$  Recovery of function after brain damage
- ✓ Stress
- ✓ Induce experience-dependent changes in behaviour and psychological function

**Drugs of abuse** may also induce long-lasting structural plasticity changes

### The mesocorticolimbic dopamine system



Lüscher and Malenka, 2011

### **Brain regions forming the reward/addiction circuit**



Raphe Pontine Nuclei

Absolute number of AMPARs and NMDA unchanged

- ✓ AMPA R. GluA1 -4 protein subunits. Mainly GluA1 and GluA2
- ✓ GluA2 not permeable to Ca++
- ✓ Majority of cells contains Ci-AMPA
- ✓ NMDA-heteromeric: GluN1, GluN2, GluN3

✓ Developmental changes during development of AMPA and NMDA receptors





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✓ Developmental changes during development of AMPA and NMDA receptors



Absolute number of AMPARs and NMDA unchanged

- ✓ GluA1-containing receptors are exchanged for GluA2-lacking receptors (CP-AMPARs)
- ✓ GluN3A-containing NMDA appearance

Ratio A/N = EPSC AMPA

#### EPSC NMDA



### Ventral tegmental area (VTA)

- 50-60% dopaminergic neurons
- Important population of GABAergic neurons
- Small percentage of excitatory glutamatergic neurons



### Drug-evoked synaptic plasticity in the VTA



Ratio: AMPA/NMDA

### VTA dopamine is a critical trigger for synaptic plasticity



Brown et al., 2010

#### Natural rewards use similar cellular substrates



Chen et al., 2008



### **Nucleus Accumbens (NAc)**

- 95% medium-sized spiny neurons (MSNs) (GABA)
- 5% GABAergic and cholinergic interneurons
- Core and shell regions



#### **Drug-evoked synaptic plasticity in the NAc**



Thomas et al., 2001



Lüscher and Malenka, 2011

### **INCUBATION OF CRAVING**

- ✓ Relapse after prolonged abstinence
- $\checkmark$  Induced by exposure to cues associated with the drug use



Grimm et al., 2001

### GluA2-lacking AMPA mediate incubation of cocaine craving in Nac ...



... that is reversed by NASPM



# mGluR1 negatively regulate AMPA transmission in NAc during incubation

- ✓ "Anti-addictive" effects after mGluR1 transmission
- ✓ Negatively regulates GluA2 lacking receptors



# mGluR1 negatively regulate AMPA transmission in NAc during incubation

- ✓ "Anti-addictive" effects after mGluR1 transmission
- ✓ Negatively regulates GluA2 lacking receptors



# Synaptic depression via mGluR1 suppresses cue-induced cocaine craving





Loweth et al., 2014

### **GLOBAL PERSPECTIVE**



Loweth et al., 2014



### Drug-evoked synaptic plasticity in other brain areas

#### PFC

- ✓ Glutamate receptor redistribution related to drug consumption
- ✓ GluA1 endocytosis  $\rightarrow$  decreased AMPA/NMDA ratio

 $\checkmark$  Increased expression of BDNF during acute withdrawal:  $\uparrow$  cue-induced drug craving and drug-seeking behavior

#### Amygdala

- ✓ Cocaine-associated cues inducing craving alter neuronal activity in the amygdala
- ✓ LTP increases associated with time of withdrawal
- ✓ Correlation with the aversiveness of withdrawal symptoms

### **GLOBAL PERSPECTIVE**



Lüscher and Malenka, 2011

### **GLOBAL PERSPECTIVE**



Volkow and Morales, 2015

### Must take home message:



- Drug addiction is a chronic and relapsing disorders. Aberrant plasticity is developed in discrete brain areas.
- Drugs produce long-term modulation in molecular players, transcriptional factors, gene expression and also epigenetic modifications.
- Synaptic plasticity due to drugs of abuse induces redistribution of NMDA and AMPA receptors
- The redistribution involves the inclusion of GluA2-lacking receptors and changes in AMPA/NMDA ratio.
- GluA2-lacking receptors activity is increased during incubation of craving
- mGluR1 may be useful targets to diminish craving after long withdrawal periods
- Synaptic plasticity changes also involve changes in dendritic branching
#### WHY ADDICTION IS COMORBID WITH MENTAL DISORDERS?

- ADDICTION PACIENTS SHOW A HIGH PREVALENCE OF MENTAL DISORDERS
- SEVERAL THEORIES IDENTIFY ADDICTION AS AN EPIPHENOMENON OF THE UNDERLYING MENTAL DISEASE: PATIENTS SEF-MEDICATE TO ALLEVIATE SYMPTMATOLOGY
- THERE IS EVIDENCE THAT SOME MENTAL DISORDERS ARE INDUCED BY REPEATED ADMINISTRATION OF DRUGS OF ABUSE
- AN IMPORTANT EXPLANATION ARISES FROM FUNCTIONAL NEUROANATOMY AND FROM NEUROPSYCHOPHARMACOLOGY:
  - THE ASCENDING MONOAMINERGIC TRANSMISSION SYSTEM ARE INVOLVED IN BOTH, ADDICTION AND MENTAL DISORDERS
  - DRUGS OF ABUSE USE THE SAME TARGETS AS THOSE USED BY MOST EFFICIENT PSYCHOPHARMS









**DOPAMINE CIRCUITS IN THE BRAIN** 



ma





**NORADRENALINE CIRCUITS IN THE BRAIN** 



ma





SEROTONINE CIRCUITS IN THE BRAIN



ma

#### MOST FREQUENT TYPES OF PSYCHOPHARMS....DRUGS?

 INHIBITION OF MONOAMINE TRANSPORTERS INHIBITION OF MONOAMINE DEGRADATION ANTAGONISM OF MONOAMINE RECEPTORS AGONISM OF MONOAMINE RECEPTORS AGONISM /ALLOSTERIC POTENTIATION GABA-A **RECEPTORS**  MODULATORS OF ENDOCANNABINOID SIGNALING / RECEPTORS MODULATORS OF GLUTAMATE RECEPTORS





#### **NEUROBIOLOGY OF ADDICTION**

#### Addiction = Transition = Plasticity



Drugabuse.com

- Dopamine
- Serotonin and other monoamines
- Opioid peptides
- GABA and Glutamate
- CRF and NPY
- Growth factors (BDNF, IGF-1...)
- More and more
  - Cytokines
  - Fatty acid derivatives

PRO/ANTI-INFLAMMATORY SIGNALS





#### CYTOKINES

**Cytokines:** Interleukins, lymphokines, monokines, interferons, chemokines...







#### CYTOKINES

#### **CX3CL1:** Fractalkine is a neuronal chemokine





Wolf et al, 2013





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- TWIST app
- online feedback form: <u>bit.ly/2x8O9F5</u>

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**E INNOVACIÓN** 





Plan Nacional sobre Drogas







## Thank you!



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