Case Scenario: family member with addiction problem

F.N 42/M consulted at FMC for episodes of epigastric pain

On history, F.N has on and off episodes of epigastric pain for 1 month. It is not affected with food intake. He self-medicated with Maalox tablets as needed which afforded slight relief. On further probing it was noted that since the lockdown in March, F.N will have 3 shots of brandy every night to help him sleep. However the wife noted that F.N will take shots of brandy upon waking up which started about 4 weeks ago and that there are empty bottles of liquor in their pantry.

F.N was managed as a case of GERD and was advised to stop drinking alcoholic drinks. After 2 weeks F.N and his wife followed up. However, the wife said that F.N never stopped his drinking. They often have arguments about this.

If you are the physician what are your plans to manage F.N and his family.