

別紙⑤の 1

アシュトン教授による専門家の意見
(依存症及び自律神経失調症)

原注：アシュトン教授はベンゾジアゼピン依存症の世界の第一人者である。

(英語の原本)

別紙⑤の1 A

from c h ashton [REDACTED]
to Wayne Douglas
[REDACTED]
date Tue, Feb 15, 2011 at 12:15 AM hide details 12:15 AM (13 hours ago)
subject RE: High Court Case Closed in Japan
mailed-by newcastle.ac.uk

Dear Wayne,

I am sorry you are still having difficulties with the judiciary. Benzodiazepines affect the whole nervous system, both the central nervous system and the autonomic (sympathetic and parasympathetic) nervous system which is controlled by the CNS. The initial effect is to decrease nervous system activity but with regular use, the whole system becomes hyperactive due to the development of tolerance. This is manifested by the withdrawal reaction if the drug is stopped, the dosage reduced, or even while benzos are still being taken.

Examples of hyperactive autonomic nervous disorder during the benzo withdrawal reaction include palpitations, rapid heart rate, panic attacks, insomnia, excitability, restlessness, muscle tremor and jerks, sweating, night sweats, blurred or double vision, tingling, feeling of skin crawling, hypersensitivity to light, sound, taste and smell, increased susceptibility to stress and others.

I could be more specific in your case if you would supply a brief history and description of your symptoms before, during and on withdrawal of your benzodiazepines.

I will send a list of references tomorrow.

Best wishes,

Heather Ashton

from c h ashton [REDACTED]
to Wayne Douglas
[REDACTED] hide details Feb 15 (8 days ago)
date Tue, Feb 15, 2011 at 8:17 PM
subject RE: High Court Case Closed in Japan
mailed-by newcastle.ac.uk

Please find attached some references. Heather

References

- Ashton, H. (2004) Benzodiazepine dependence. In Haddad P, Dursun S, Deakin B. *Adverse Syndromes and Psychiatric Drugs: A Clinical Guide*. Chapter 13. pp. 239-259. Oxford Medical Publications, Oxford University Press.
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- Busto U, Sellers EM, Naranjo CA et al. (1986) Withdrawal reaction after long-term therapeutic use of benzodiazepines. *New Engl J Med* **315**; 654-9.
- Murphy SM, Owen RT, Tyrer PJ. (1984) Withdrawal symptoms after six weeks treatment with diazepam. *Lancet* **2**, 1389.
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- Tyrer P, Owen R, Dawling S. (1983) Gradual withdrawal of diazepam after long-term therapy. *Lancet* **1**, 1402-6.

from c h ashton [REDACTED]
to Wayne Douglas [REDACTED]
date Wed, Feb 16, 2011 at 8:37 PM hide details Feb 16 (7 days ago)
subject RE: History of Symptoms
mailed-by newcastle.ac.uk

Dear Wayne,

I got your symptoms history – thank you very much.

I can't think of much more to add to the information I sent you already. Most references on benzodiazepines do not actually mention "autonomic nervous system" because it is so obvious to medical readers.

Perhaps the following statements might be of some help:

Any textbook of physiology will show that the autonomic nervous system (sympathetic and parasympathetic) affects almost every organ in the body. For example increased activity affects:
Glands – e.g. sweat glands causing increased sweating, apocrine glands in the armpits, increased secretion of a thick odorifous substance

Heart – increased heart rate and palpitations

Muscle – increased tone causing stiffness, muscle jerks, muscle pain etc.; eye muscles causing blurred vision

Lungs – shortness of breath

Skin – hot and cold feelings, and flushes

Gastrointestinal system – loss of appetite, stomach pains.

Reference: Guyton AC. Textbook of Medical Physiology (1986) 7th edition. Saunders & Co. Philadelphia. (Japanese – 4th edition, Tokyo.

Nearly all Wayne Douglas's symptoms during benzodiazepine treatment, dosage reduction and withdrawal (recorded in Dr. Judson's report) are due to dependence and symptoms of autonomic overactivity, which is common in these circumstances. There was no evidence in the report of autonomic nervous disorder prior to taking benzodiazepines, apart from a mild episode of physiological stress which settled spontaneously after Mr. Douglas changed jobs in March 2000. The episode of vertigo in May 2000 was undoubtedly due to a vestibular neuronitis which is usually caused by a virus.

Best wishes,

Heather Ashton

from c h ashton [REDACTED]
to Wayne Douglas [REDACTED]
>
date Wed, Feb 23, 2011 at 8:46 PM hide details 8:46 PM (14 hours ago)
subject RE: History of Symptoms
mailed-by newcastle.ac.uk

Dear Wayne,

As far as I know the DSM IV criteria for substance dependency is fully accepted and widely used in the UK and USA. The diagnosis of dependence requires three or more of the criteria to be fulfilled for at least a 12 month period. You fulfilled five out of these criteria.

The term "autonomic nervous disorder" in the western world usually refers to *hypofunction* of the system due to very many causes including neurological diseases. I can find no reference in which *hyperfunction* of the autonomic system, as occurs in anxiety and benzodiazepine withdrawal, is referred to as "autonomic nervous disorder".

The activity of the autonomic nervous system is normally increased by stresses, both physical and mental but reverts to normal activity when the stress is removed. Only when the overactivity of the autonomic nervous system persists in the absence of stress could this state be considered as a disorder. In your case, the symptoms of increased autonomic nervous system activity subsided when the stress was removed. As far as I can see there was no question that you had an autonomic nervous disorder prior to taking benzodiazepines; your autonomic nervous system was merely responding in the normal and physiological way.

The autonomic nervous system responds to anxiety and stress from any cause. Benzodiazepine tolerance, dependence and withdrawal all cause stress and anxiety, so the response of the autonomic nervous system is the same as its response to any other type of anxiety. However, during long-term benzodiazepine use the stress/anxiety is continued for months or years and so the symptoms of autonomic nervous system activity also continue.

In case the court is interested, the mechanism of action of benzodiazepines is to increase the activity of GABA (gamma-aminobutyric acid), a neurotransmitter in the brain which acts to induce relaxation and calmness. When tolerance to this action develops, the receptors for GABA decrease (down-regulate), and GABA activity decreases, resulting in anxiety (and increased autonomic activity) which is further increased by dose reduction and withdrawal.

I am sorry but that is the best I can do to answer your questions. I am afraid the Japanese lawyers/judges do not understand the physiology of the autonomic nervous system!

Best wishes,

Heather

from c h ashton [REDACTED]
to Wayne Douglas <[REDACTED]>
date Thu, Mar 17, 2011 at 7:59 PM hide details 8:46 PM (14 hours ago)
subject RE: History of Symptoms
(minor confirmation)
mailed-by newcastle.ac.uk

Dear Wayne,

So glad that you survived the quake.

I am sorry if my comments were misleading.

I meant exactly what I said in regard to autonomic hypo- and hyper function. Autonomic nervous disorder refers to hypofunction. For example, people with this disorder faint when they stand up because the ANS does not kick in to counter the change in gravity. Consequently their blood pressure falls, causing fainting. This disorder describes various degrees of autonomic failure, often caused by neurological disease.

In contrast, stress conditions (including benzo withdrawal) normally cause increased activity of the ANS. But this hyperfunction is normal and not considered an autonomic nervous disorder.

"...there was no question that you had .." I meant this to mean that it was out of the question that you had an autonomic nervous disorder prior to talking benzos i.e you could not have had it and it does not merit further consideration/is not an issue.

Best wishes,

Heather

from Wayne Douglas [REDACTED]
to c h ashton [REDACTED]
date Fri, Feb 18, 2011 at 11:56 AM hide details Feb 18
subject Re: History of Symptoms
mailed-by gmail.com

Dear Professor Ashton,

I cannot begin to tell you how much I appreciate what you have done for me.

I am sorry for the delayed reply, but I was in Tokyo all day yesterday lodging my application to the Supreme Court.

I do not expect to win, mainly due to apparent prejudice, but I feel a sense of obligation both to myself and to the greater community at large.

Thank you so much once again.

Kind Regards,

Wayne

from c h ashton [REDACTED]
to Wayne Douglas [REDACTED]
date Sat, Feb 19, 2011 at 12:46 AM hide details Feb 19
subject RE: History of Symptoms
mailed-by newcastle.ac.uk

Dear Wayne,

Thank you for your kind words. I hope your case goes well.

Ray Nimmo and I are still open to a Japanese translation (in pdf), which may help to enlighten the Japanese people, many of whom must be suffering as you did. There was a Japanese lady who started to translate some of it, but it has fallen through.

Best wishes and good luck.

Heather

別紙⑤の1 G

from c h ashton [REDACTED]
to Wayne Douglas [REDACTED]
date Wed, Apr 27, 2011 at 7:34 P
mailed-by newcastle.ac.uk

hide details 7:34 PM (13 hours ago)

Dear Wayne,

I hope you are well and that the earthquake has not delayed your court case.

I am writing because I have had 2 other offers to do a Japanese translation of the manual. There is also a Japanese who wants to translate the Supplement to the manual which I have recently written (<http://www.benzo.org.uk/ashsuppl1.htm>)- also available on the benzo site www.benzo.org.uk.

The offers are from Japanese people who have had bad experiences from benzo use and one counsels people in benzo withdrawal. Unfortunately their English is not very good and none of them has such a deep understanding of benzos as you do.

So I am writing to ask if you are still willing to do the translation of the manual , and possibly the supplement as well (it is quite short), and whether you have made any progress with it?. Also, do you know any bilingual dr or medical expert who could check it over?- or indeed who could translate- it if you are for any reason unable to.

Japan apparently has a very high rate of benzo prescriptions and a high use of potent benzos such as Xanax, and the doctors prescribe too much and for too long - so the Japanese people deserve to have access to the manual and supplement.

Best wishes, Heather