

The Opioid Epidemic: Update 2018 with Oral Health Practice Considerations

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OxyContin



**America's biggest drug
problem isn't just
on the streets...**

**...it's in our
medicine
cabinets.**



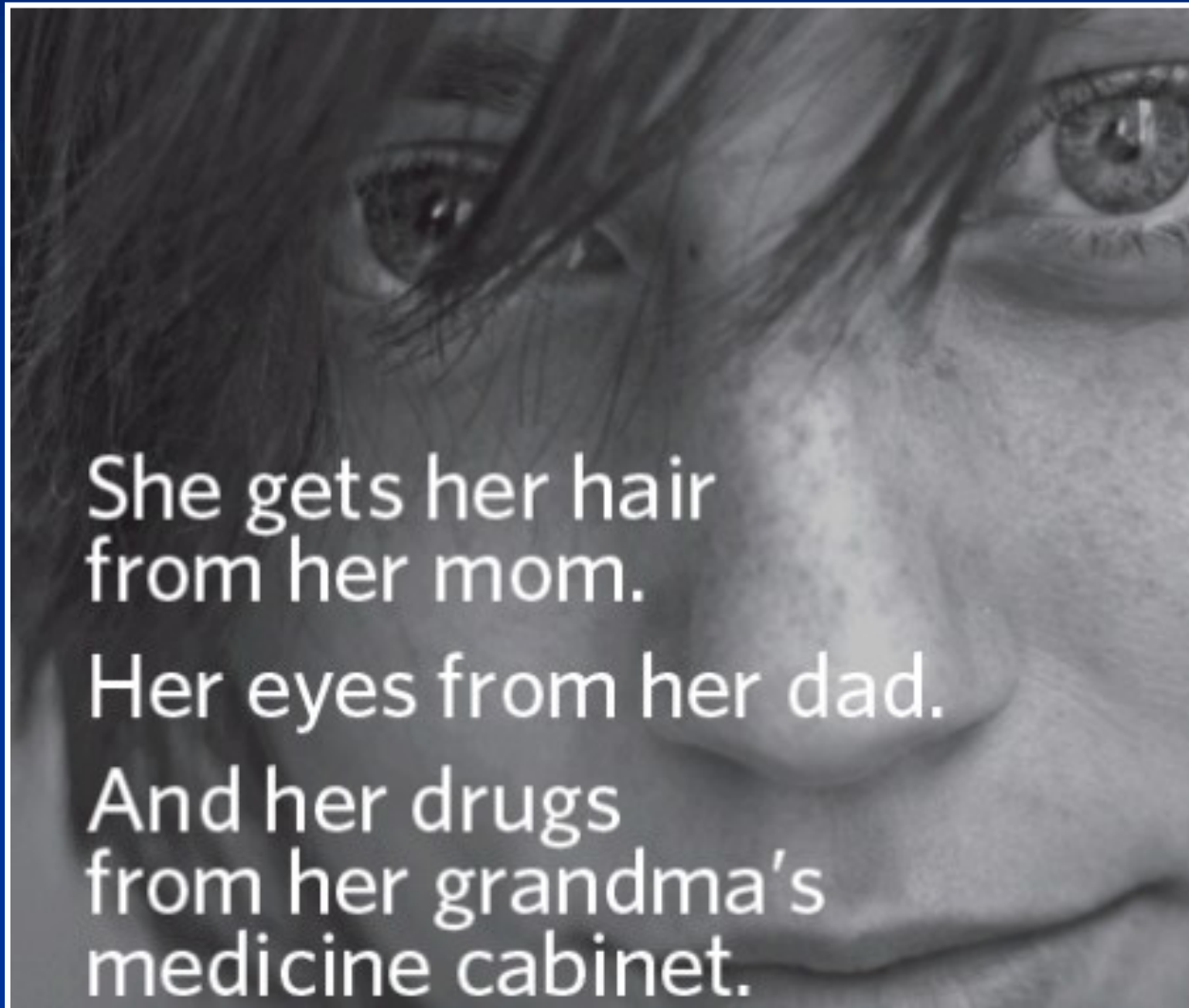
Substance Use Disorders & Opioids

202

Four Pillar Approach to Drug Policy

- Prevention (primary and secondary)
- Harm reduction
 - Syringe exchange
 - Narcan distribution
 - Medication assisted treatment (MAT) – ORT, naltrexone
- Treatment
 - Detoxification
 - Outpatient / Intensive Outpatient with/without MAT
 - Residential / Inpatient with/without MAT
- Law Enforcement – alternatives to incarceration
- ❖ “Wraparound Services”: insurance, medical care, employment, transportation, food security, legal, family counseling, social work, safe housing, safety concerns, etc.

Primary Prevention of Rx Opioid Abuse or Misuse

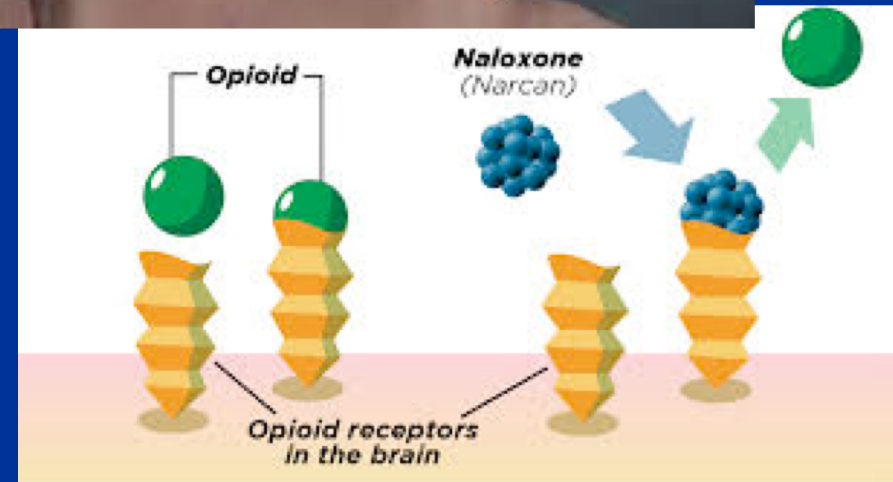


She gets her hair
from her mom.

Her eyes from her dad.

And her drugs
from her grandma's
medicine cabinet.

Narcan (naloxone)



Lingo/Jargon

(Dealing With Stigma)

- Misuse
- Abuse
- Chemical dependency
- Substance abuse/dependency
- Substance Use Disorder – current terminology
 - Specific to drug of choice (e.g., opioid use disorder, alcohol use disorder, “polysubstance use disorder”)
 - Mild, moderate, severe

Substance Use Disorders (SUDs)

- Chronic medical disorder of the brain
- Inability to control the use of reinforcing mind-altering substances (alcohol and other drugs)
- Characterized by impaired judgment, distorted thinking and inappropriate behavior
- Unable to stop use despite adverse consequences
- Preventable and treatable but no cure
- Prone to relapse
- At least 60% accompanied by concurrent mental disorder, most often trauma-based

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What the heck is an Opioid?



Opium Poppy

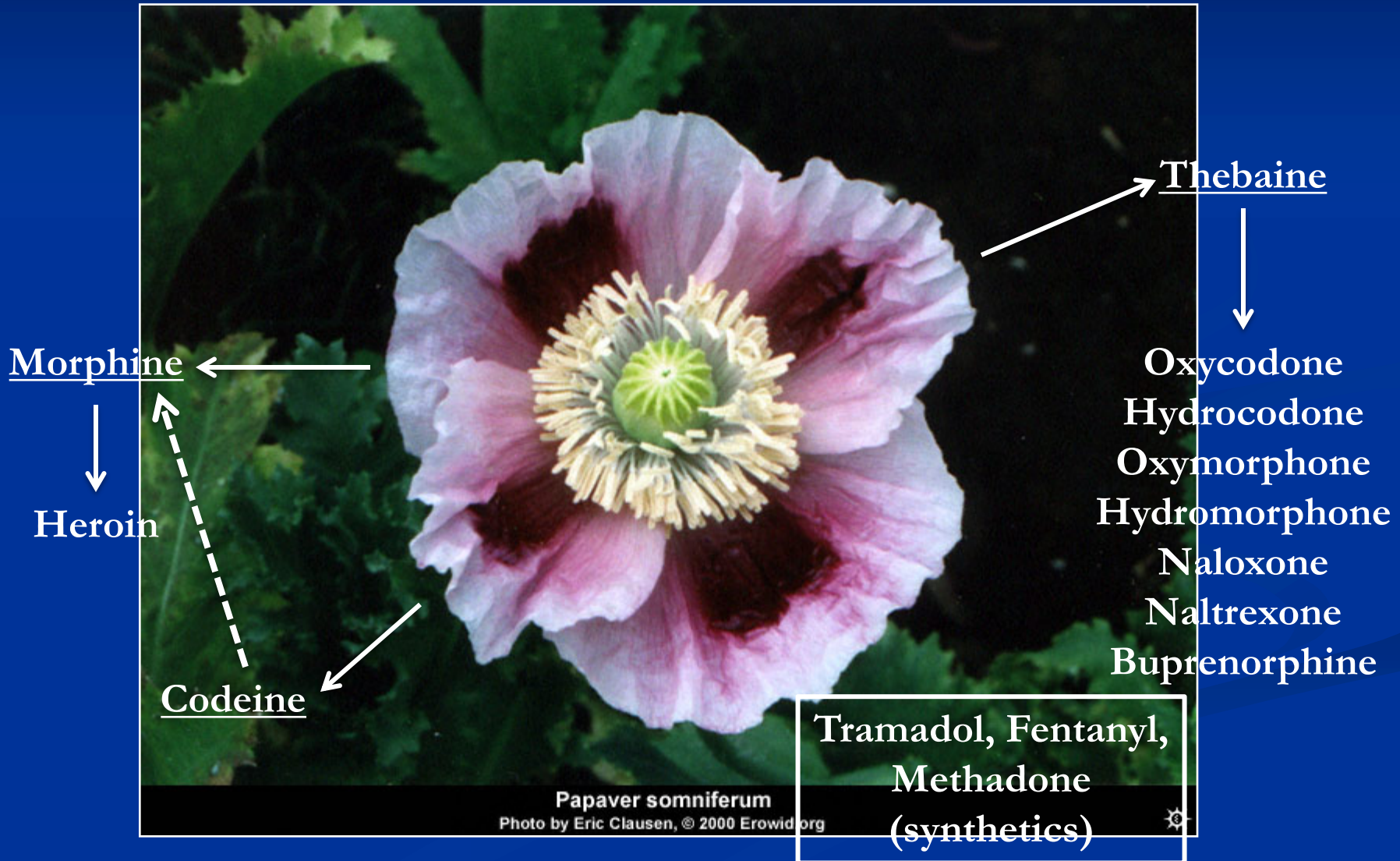


Papaver somniferum

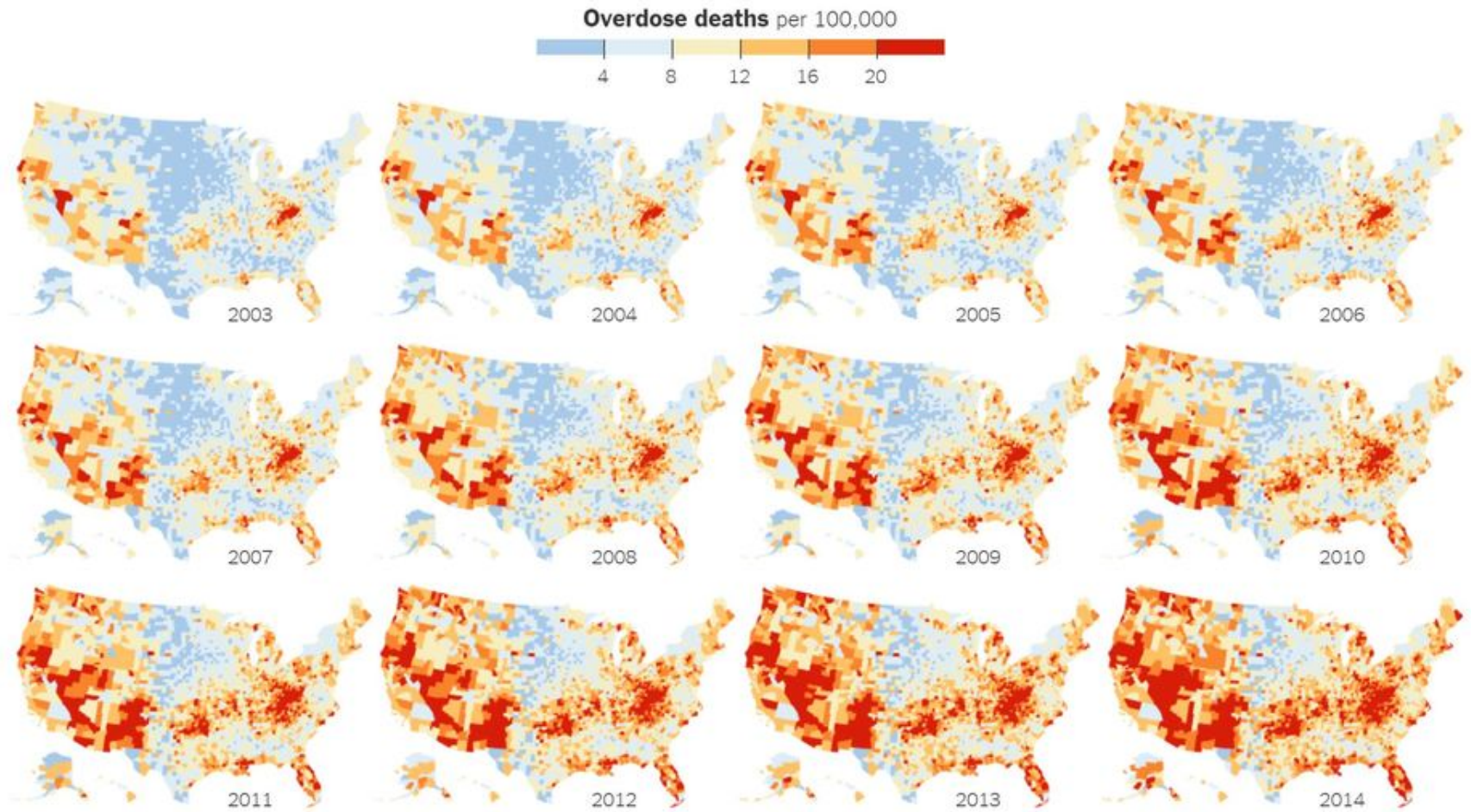
Photo by Eric Clausen, © 2000 Erowid.org



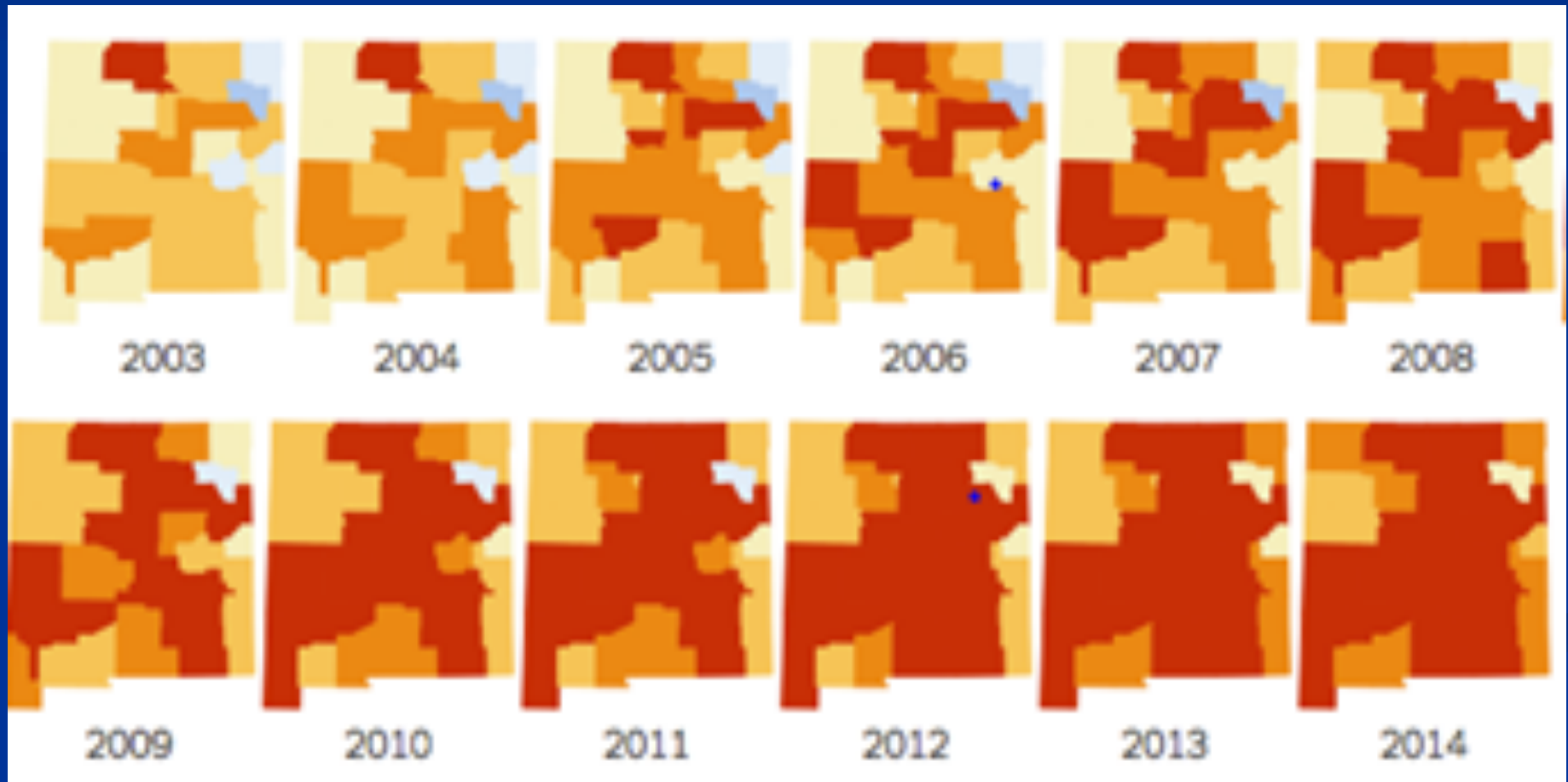
Opium Poppy



US Overdose Deaths, 2003-2014

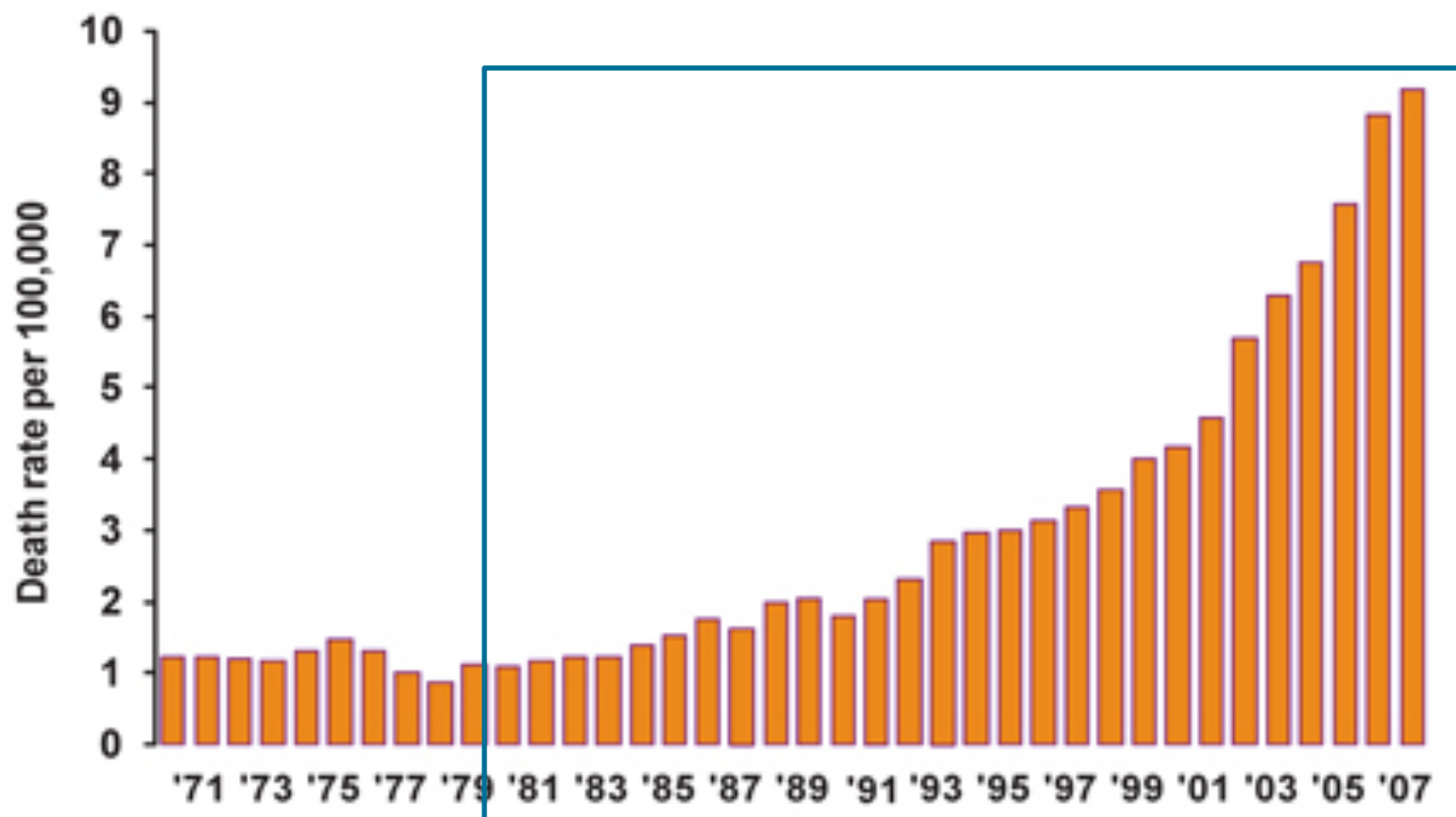


New Mexico Overdose Deaths, 2003-2014



Source: New York Times: *How the Epidemic of Drug Overdose Deaths Ripples Across America*. January 19, 2016

Figure 1: Rate of unintentional drug overdose death in the United States, 1970-2007

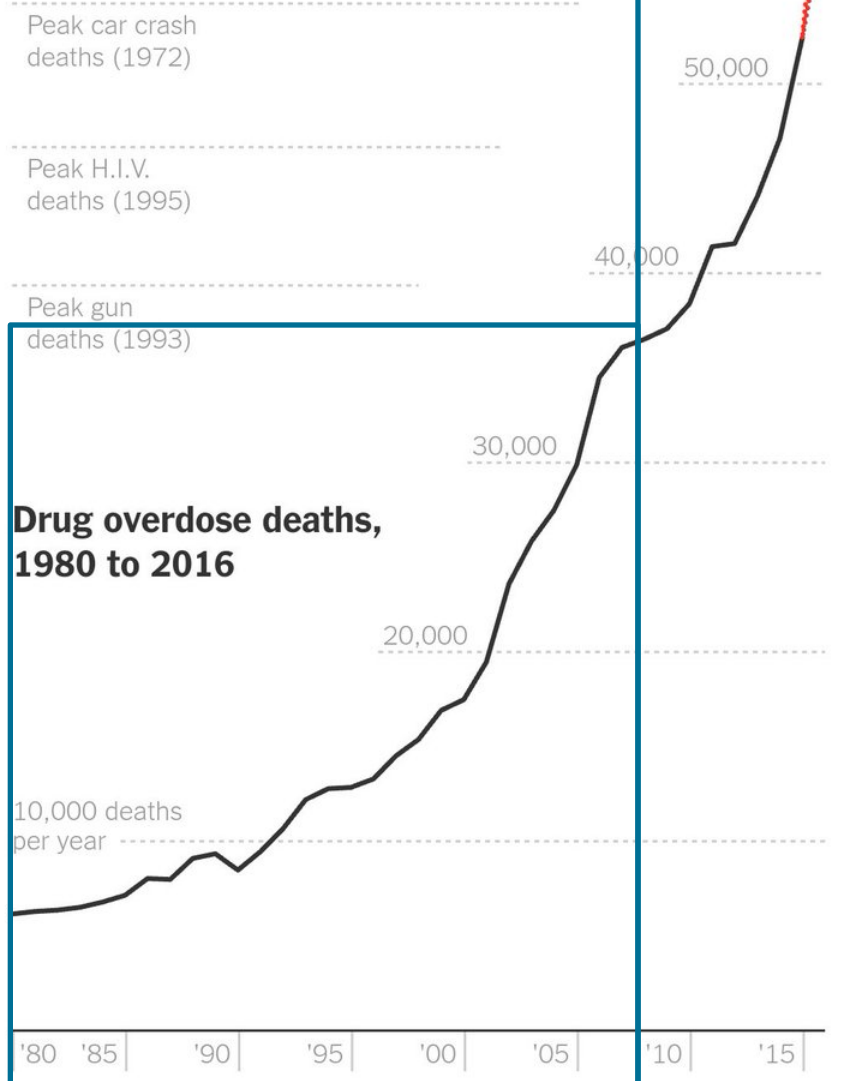


Source: National Vital Statistics System

In 2016, the number of deaths from drug ODs (64,070 combined unintentional and suicidal) is greater than the amount of deaths from motor vehicle accidents, HIV/AIDs at peak death rate, gun deaths at peak rate and the number of deaths from the Vietnam War, approx. 58,000. First time in 20 years, US life expectancy decreased.

2016 drug overdoses

Between 59,000 and 65,000 deaths*



*Estimate based on preliminary data

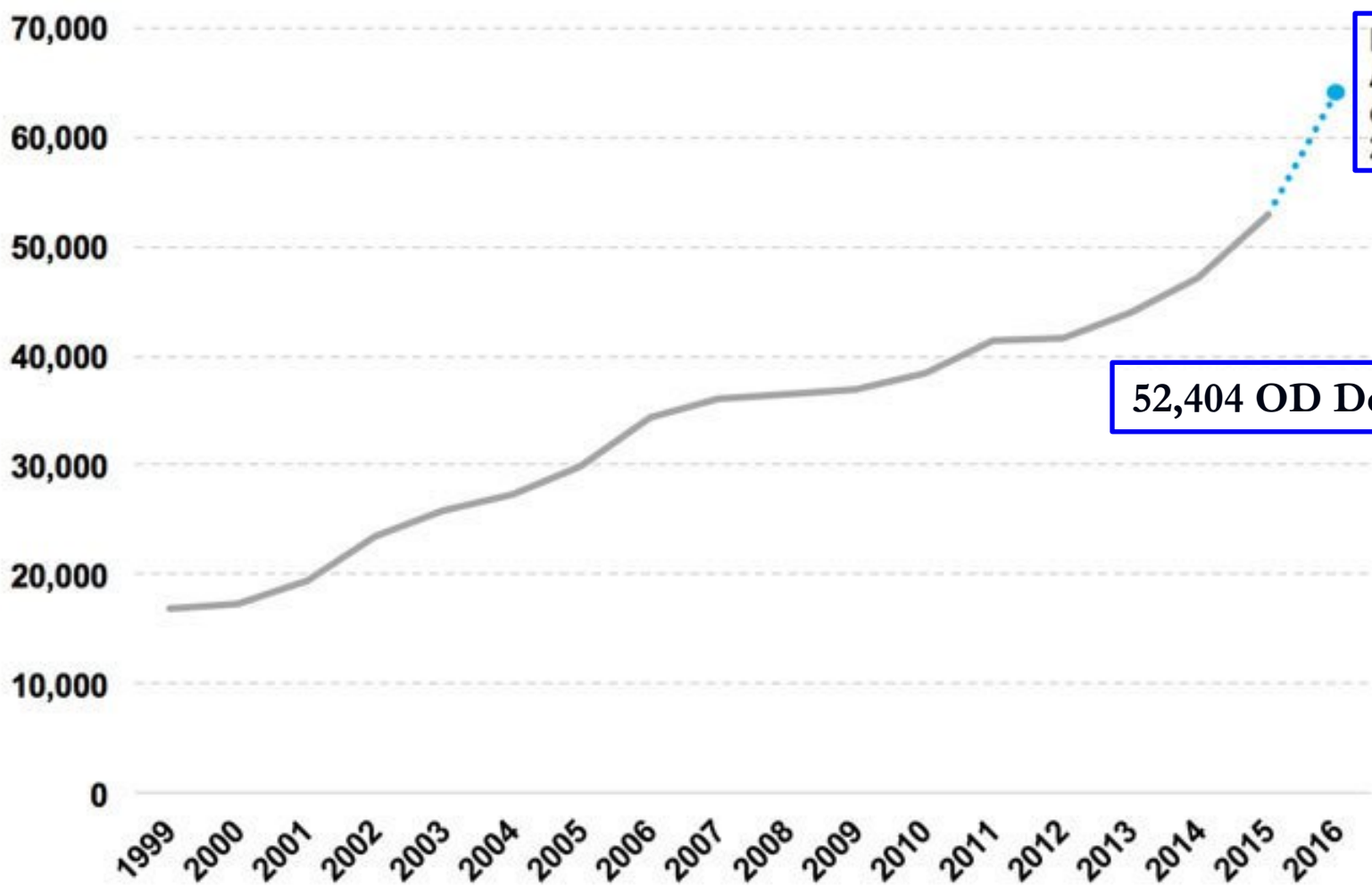
U.S. Drug Deaths

Chart Area

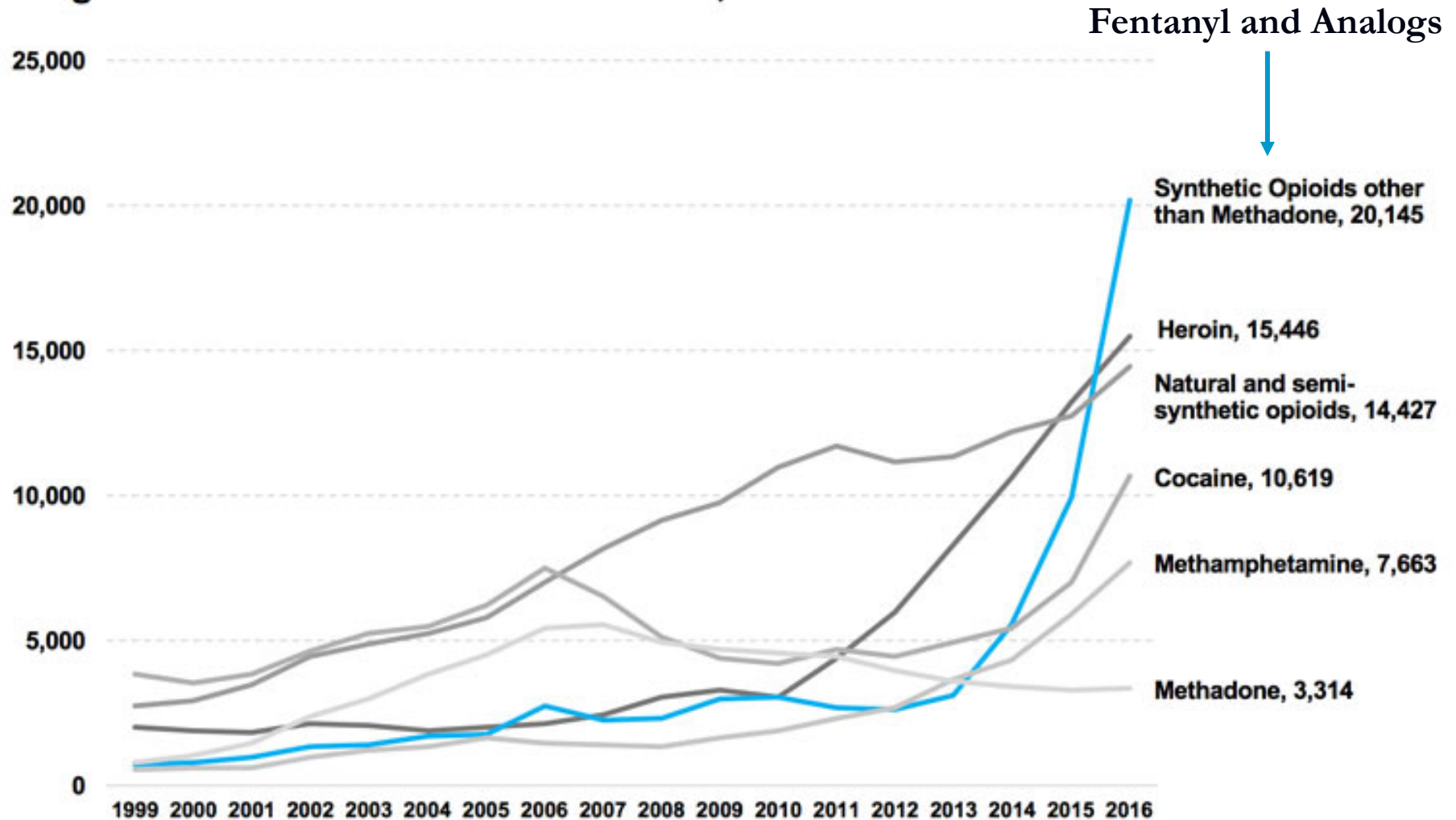
72,000+ in 2017

More than 64,000 Americans died from drug overdoses in 2016 -- 64,070

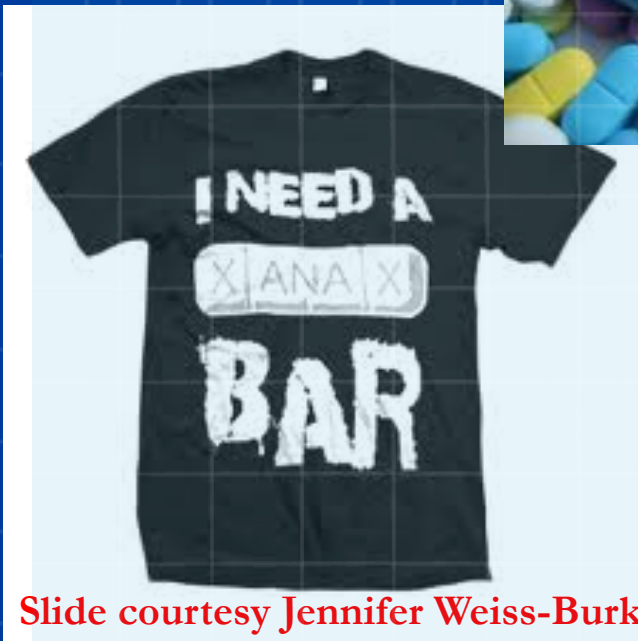
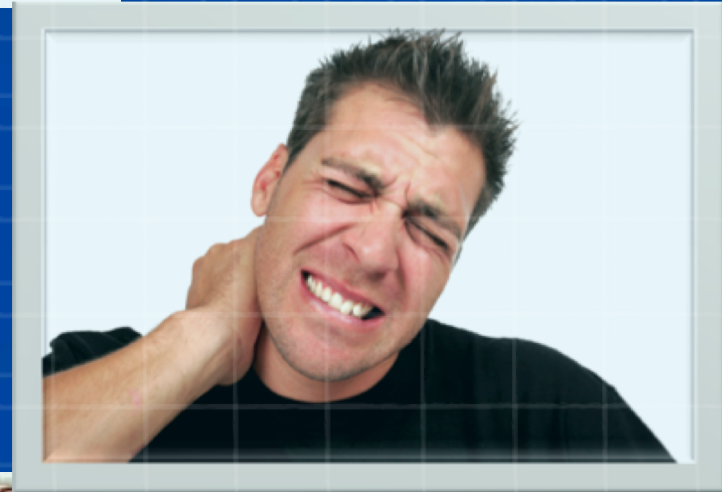
52,404 OD Deaths in 2015



Drugs Involved in U.S. Overdose Deaths, 2000 to 2016



How did we get here?



How Did We Get Here?

- 1997 – IOM raises legitimate concerns raised about under-treatment of pain in cancer patients
- Pharmaceuticals corporations create dozens of opioid formulations and go on aggressive marketing campaigns, begin substantial funding to pain advocacy and professional pain organizations
- 2001 – JCAHO *pain management guidelines* based on dubious research after aggressive advocacy by above groups
 - Creates 5th vital sign of pain level
 - Individuals adopt institutional JCAHO guidelines
 - Patients' bill of rights adopted by states and hospitals
- 2004 - Federation of State Medical Boards – Model Policy

Federation of State Medical Boards, 2004

Model Policy for the Use of Controlled Substances for the Treatment of Pain

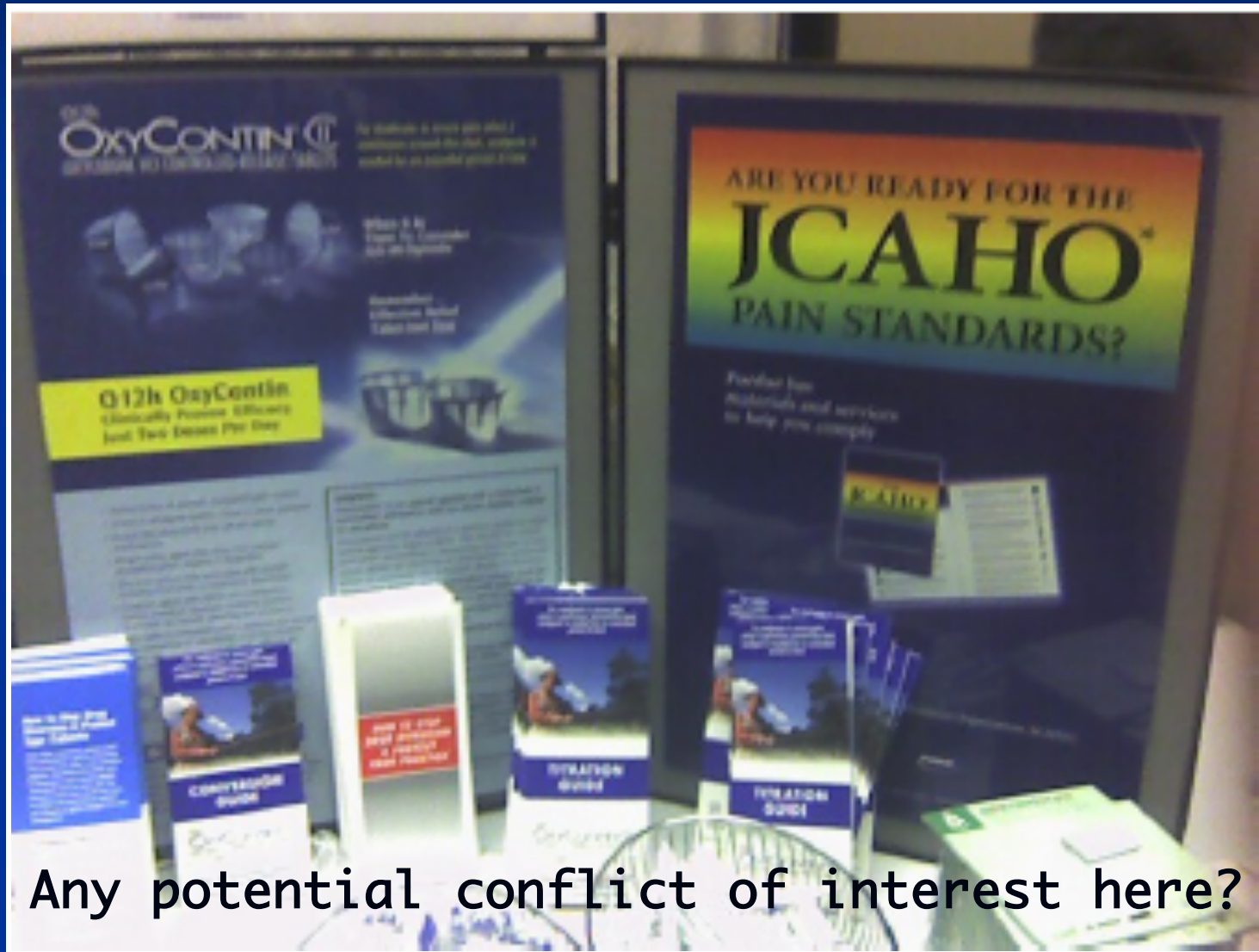
“Physicians should not fear disciplinary action from the Board for ordering, prescribing, dispensing or administering controlled substances, including opioid analgesics, for a legitimate purpose and in the course of professional practice.” Almost all state Medical Boards adapted this standard.

Marketing Pain

Any pain medication ads in these magazines?



Picture taken at The 7th International Conference on Pain and Chemical Dependency, June 2007



Any potential conflict of interest here?

Overprescribing Becomes Rampant by mid-2000s

- Cultural change in prescribers around pain management
- Cultural change in patients – pharm. corps. market patients' fear of pain and hyperawareness of pain, create need for drugs, quick fix
- Heavy pharmaceutical marketing increasing patient demand, and false sense of safety in providers and patients
- Practice convenience, larger patient loads to keep up with incursion into practice by managed care
- Healthcare system degradation – diminished benefits for pain care
- Patient satisfaction ratings tied to provider reimbursement
- Increasing number of people addicted not getting treatment
- Provider fear of litigation or provider compassion

Top Therapeutic Classes by Prescriptions

DISPENSED PRESCRIPTIONS MN		2010	2009	2008	2007	2006
Total US Market		3,995.2	3,949.2	3,866.3	3,824.9	3,706.4
1	Lipid Regulators	255.4	249.7	237.1	228.8	210.4
2	Antidepressants	253.6	246.1	239.8	236.5	231.1
3	Narcotic Analgesics	244.3	241.0	238.6	230.5	220.7
4	Beta Blockers (Plain & Combo)	191.5	167.8	160.7	160.3	156.6
5	Ace Inhibitors	168.7	165.7	160.2	158.0	154.2
6	Antidiabetes	165.0	159.0	154.7	152.1	147.8
7	Respiratory Agents	153.3	152.4	146.3	146.0	139.8
8	Anti-Ulcerants	147.1	145.7	138.8	133.9	127.9
9	Diuretics	131.0	131.7	132.4	135.2	138.1
10	Anti-Epileptics	121.7	115.3	109.3	101.8	94.9
11	Tranquilizers	108.6	104.0	100.0	97.6	94.4
12	Thyroid Preps	107.2	105.3	105.5	102.8	101.4
13	Calcium Antagonists (Plain & Combo)	97.9	94.9	91.9	90.4	90.5
14	Antirheumatics	95.0	92.5	89.8	89.0	88.6
15	Hormonal Contraceptives	92.3	93.9	93.8	94.0	94.3
16	Angiotensin II	83.7	84.4	86.1	83.1	78.5
17	Penicillins	76.1	76.6	74.5	77.1	79.1
18	Macrolides & Similar Type	73.9	69.3	66.4	62.8	60.9
19	Vitamins & Minerals	71.9	69.8	64.7	61.6	60.6
20	Hypnotics & Sedatives	66.0	65.5	60.3	57.4	52.3

Source: IMS Health, National Prescription Audit, Dec 2010

Top Therapeutic Classes by Prescriptions

DISPENSED PRESCRIPTIONS MN		2012	2013	2014	2015	2016
Total U.S. Market		4,154	4,235	4,325	4,368	4,453
1	Antihypertensives	691	701	705	706	721
2	Pain	480	477	481	468	460
3	Mental Health	335	348	364	376	395
4	Nervous System Disorders	346	357	368	376	387
5	Antibacterials	272	269	267	270	270
6	Lipid Regulators	266	264	263	260	264
7	Diabetes	186	193	201	211	224
8	Respiratory	157	162	169	176	181
9	Anti-Ulcerants	159	166	170	173	175
10	Thyroid Therapies	122	127	131	133	137
11	Dermatologics	103	105	109	109	112
12	Hormonal Contraceptives	91	95	97	96	98
13	ADHD	76	80	83	87	91
14	Anticoagulants	76	77	78	78	79
15	Corticosteroids	60	62	65	68	71
16	GI Products	57	58	61	63	66
17	Other Cardiovasculars	51	50	49	48	48
18	Nasal Preps Topical	48	51	56	52	48
19	Ophthalmology	43	44	44	46	48
20	Benign Prostate Hyperplasia	36	37	40	41	45

Source: IQVIA, National Prescription Audit, Dec 2016

Top Products by Prescriptions

DISPENSED PRESCRIPTIONS MN		2010	2009	2008	2007	2006
Total US Market		3,995.2	3,949.2	3,866.3	3,825.1	3,706.4
1	hydrocodone/acetaminophen	131.2	128.2	124.1	119.2	112.4
2	simvastatin	94.1	83.8	67.5	47.9	14.4
3	lisinopril	87.4	82.8	76.8	71.1	65.2
4	levothyroxine sodium	70.5	66.0	61.2	54.6	49.8
5	amlodipine besylate	57.2	51.3	44.6	27.9	—
6	omeprazole (RX)	53.4	45.4	35.1	26.6	18.0
7	azithromycin	52.6	53.8	51.0	46.3	36.5
8	amoxicillin	52.3	52.4	50.9	53.2	54.7
9	metformin HCL	48.3	44.3	42.3	40.2	38.4
10	hydrochlorothiazide	47.8	47.9	48.5	48.5	48.0
11	alprazolam	46.3	43.9	41.7	39.8	37.6
12	Lipitor®	45.3	51.7	58.5	65.8	74.0
13	furosemide	43.4	43.5	44.1	44.2	44.3
14	metoprolol tartrate	38.9	41.1	32.6	31.6	29.2
15	zolpidem tartrate	38.0	35.1	29.9	16.0	—
16	atenolol	36.3	39.3	41.8	44.7	46.1
17	sertraline HCL	35.7	34.2	32.7	31.6	10.8
18	metoprolol succinate	33.0	26.9	41.5	21.0	0.6
19	citalopram HBR	32.1	27.1	22.4	17.8	14.0
20	warfarin sodium	32.0	31.6	30.2	28.8	26.7
21	oxycodone/acetaminophen	31.9	30.2	28.4	25.9	22.8
22	ibuprofen (RX)	31.1	30.3	28.5	27.7	26.8
23	Plavix®	29.5	29.9	28.9	25.1	18.4
24	gabapentin	29.3	25.4	22.2	20.0	18.5
25	Singulair®	28.7	28.6	29.0	31.0	28.1

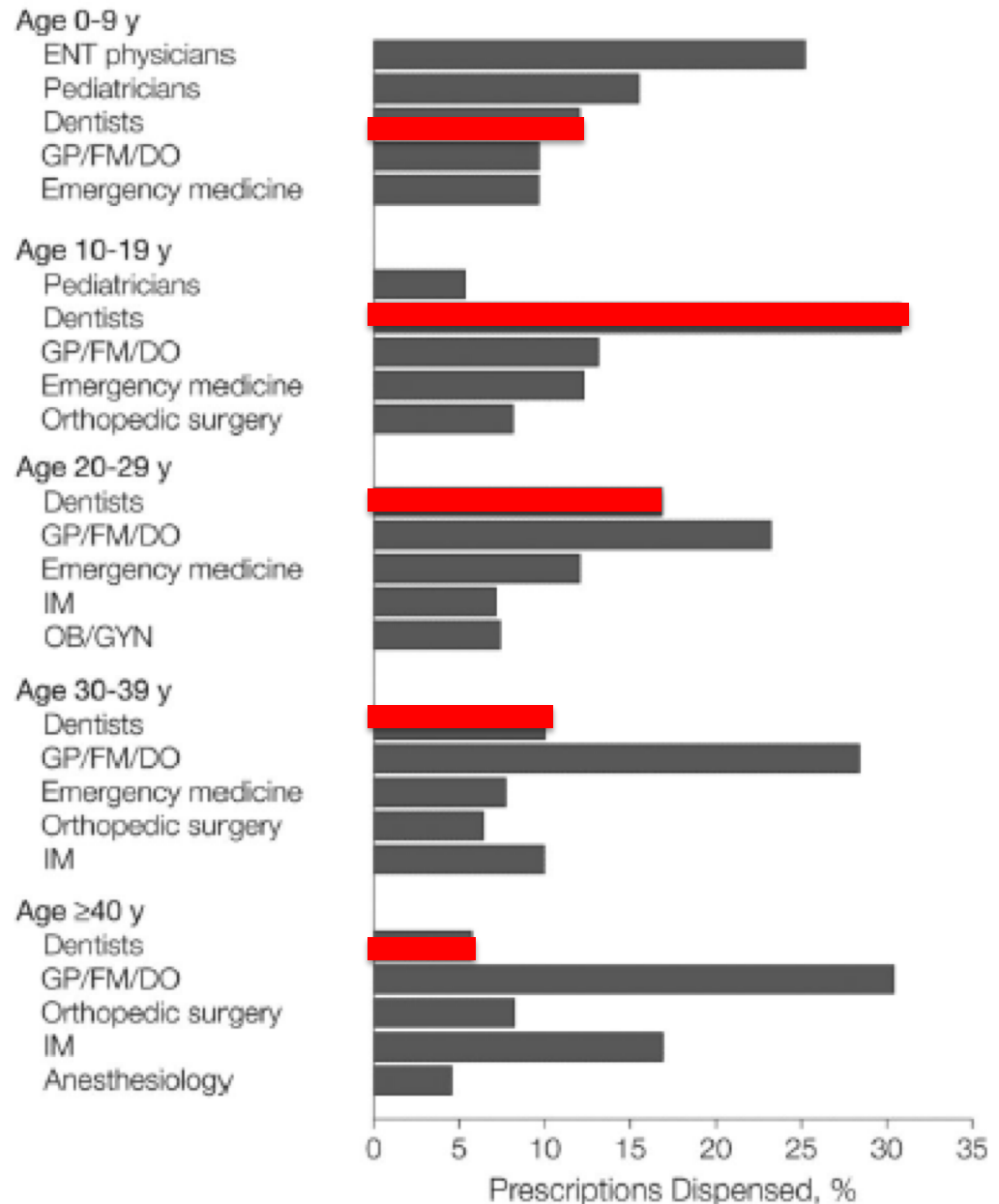
Source: IMS Health, National Prescription Audit, Dec 2010

Top Medicines by Prescriptions

DISPENSED PRESCRIPTIONS MN		2012	2013	2014	2015	2016
Total U.S. Market		4,154	4,235	4,325	4,368	4,453
1	levothyroxine	112	117	120	120	123
2	lisinopril	99	102	104	106	110
3	atorvastatin	55	68	81	93	106
4	acetaminophen/hydrocodone	136	129	119	97	90
5	metoprolol	82	84	85	86	88
6	amlodipine	69	75	78	81	87
7	metformin	68	73	77	80	87
8	omeprazole	67	72	75	77	76
9	albuterol	61	64	67	70	70
10	gabapentin	39	44	51	57	64
11	simvastatin	89	80	73	66	60
12	amoxicillin	53	54	54	56	58
13	sertraline	40	42	44	46	49
14	hydrochlorothiazide	51	50	49	49	49
15	loserten	28	34	39	44	48
16	alprazolam	49	50	49	49	48
17	fluticasone	41	45	50	49	46
18	furosemide	44	46	46	46	46
19	azithromycin	55	49	47	47	46
20	ibuprofen	36	38	40	42	44

Percentage of Rx's Dispensed for Opioid Analgesics From Outpatient US Pharmacies by Age and Provider Specialty, 2009

Overall, dentists
now prescribe 6-7%
of prescriptions
for IR opioids



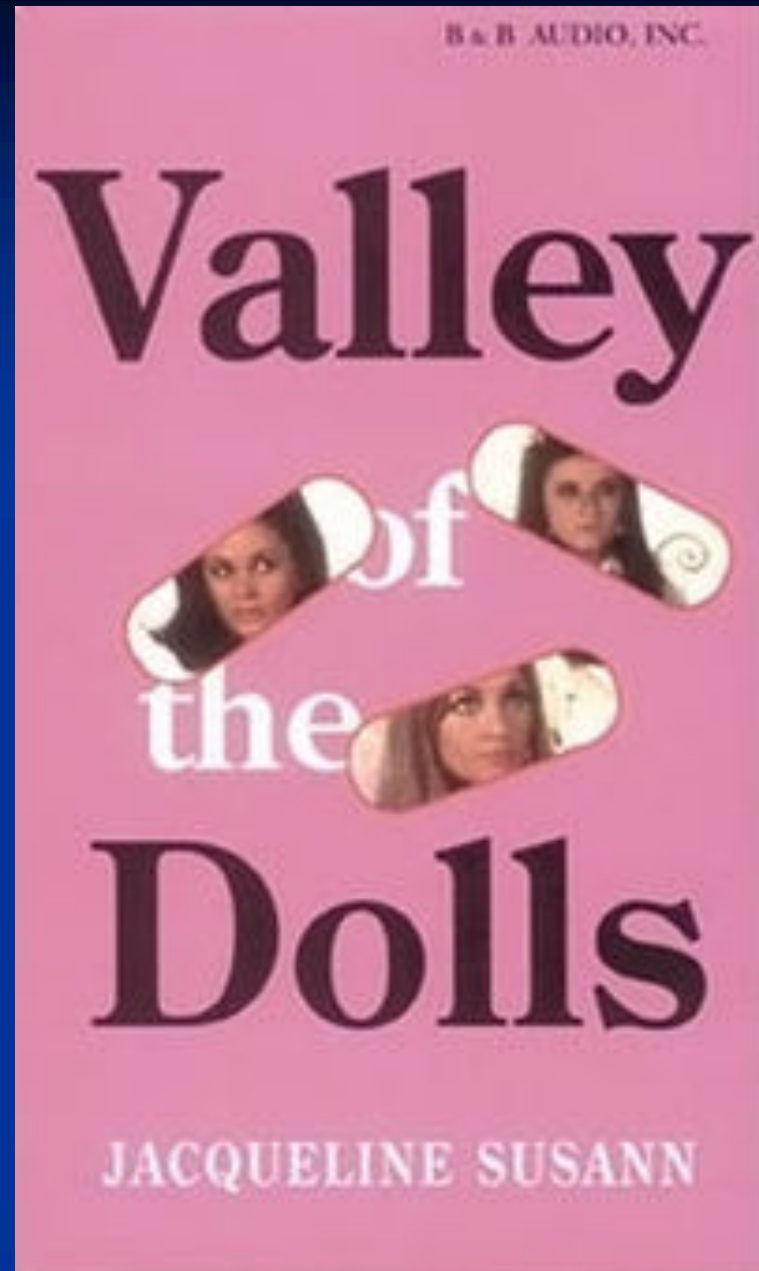
Another Model for the Cause of The Opioid Epidemic and OD Crisis

■ 4 levels of factors

- Systematic: BH system breakdown, pharm industry, HC system
- Patient: h/o trauma, esp. adverse childhood experiences, other co-occurring disorders, genetic, multigenerational use, ***stress***
- Prescriber: overprescribing, practice convenience, others as noted above
- Root Causes: poverty, severe stress to make ends meet, breakdown of family and community supports, loss of culture and identity, isolation, political divisions

- Opioids give powerful ***temporary*** relief to resulting feelings of anxiety, stress, despair, loneliness, hopelessness

1967:
Dolls =
Barbiturates



2012

PAIN KILLER NATION



Source: AP, 4/5/12 – on front page of newspapers nationally including USA Today

NOW – beginning late 1990's

