

The Opioid Epidemic

CAS Annual Meeting

Las Vegas, NV

November 12, 2018



Blame Game

- Big Pharma
- Prescribers
- Pharmacists
- Payers / Insurance Companies
- Patients
- Politicians / Policy-makers
- Plaintiff Attorneys



The Epidemic

- The genesis
 - Under-treating pain, Purdue Pharma, Fifth Vital Sign, Press-Gainey

<https://wire.ama-assn.org/delivering-care/patient-satisfaction-surveys-need-better-address-pain-management-fighting-opioid>
- The statistics
 - 49,068 opioid deaths in 2017 (134 a day)

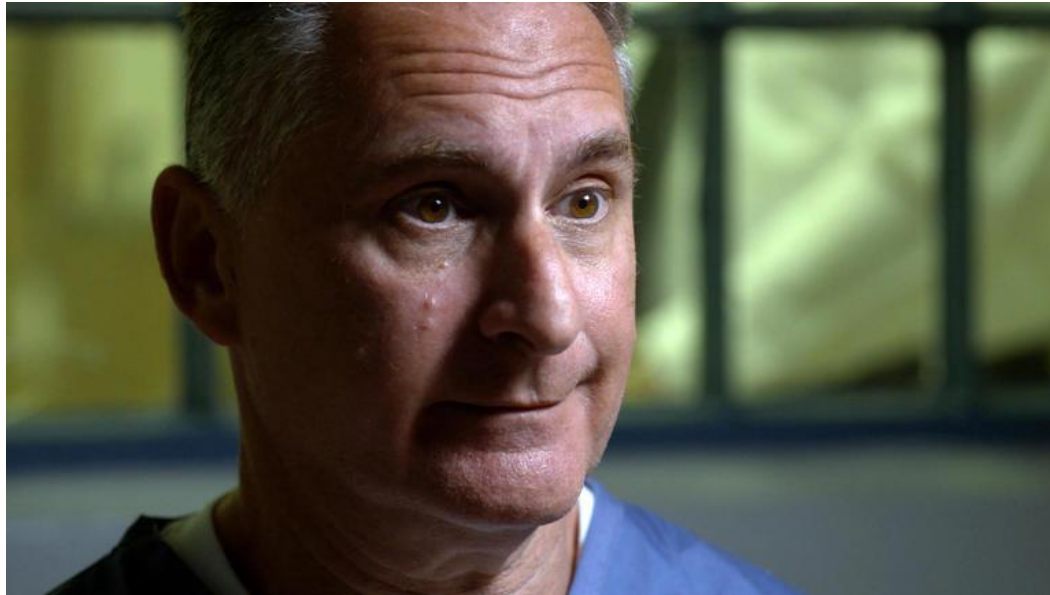
<https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>
- The evolution
 - Rx opioids, street Rx opioids, heroin, fentanyl, carfentanil

<https://www.whitehouse.gov/ondcp/key-issues/prescription-opioid-misuse/>



The Epidemic

Dr. Schultz (serving 157 years in prison) prescribed ***one patient*** over 23,000 of the highest potency oxycodone pills in an eight-month period



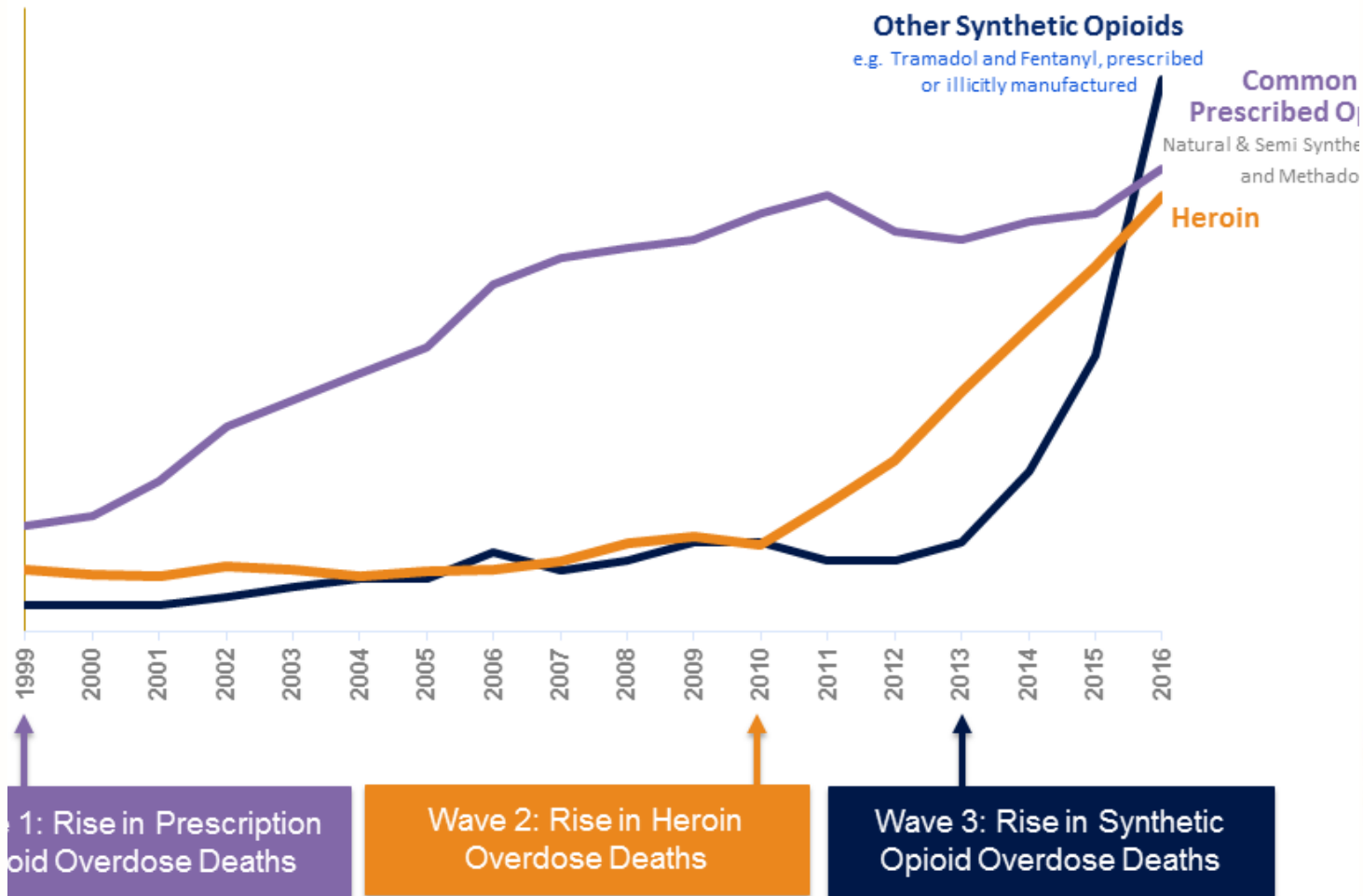
**More than
100 pills
a day.**

Mallinckrodt, the pharmaceutical company that flooded Florida with hundreds of millions of oxycodone pills, ***paid a relatively small penalty.***



The Epidemic

3 Waves of the Rise in Opioid Overdose Deaths



The Epidemic

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

40x

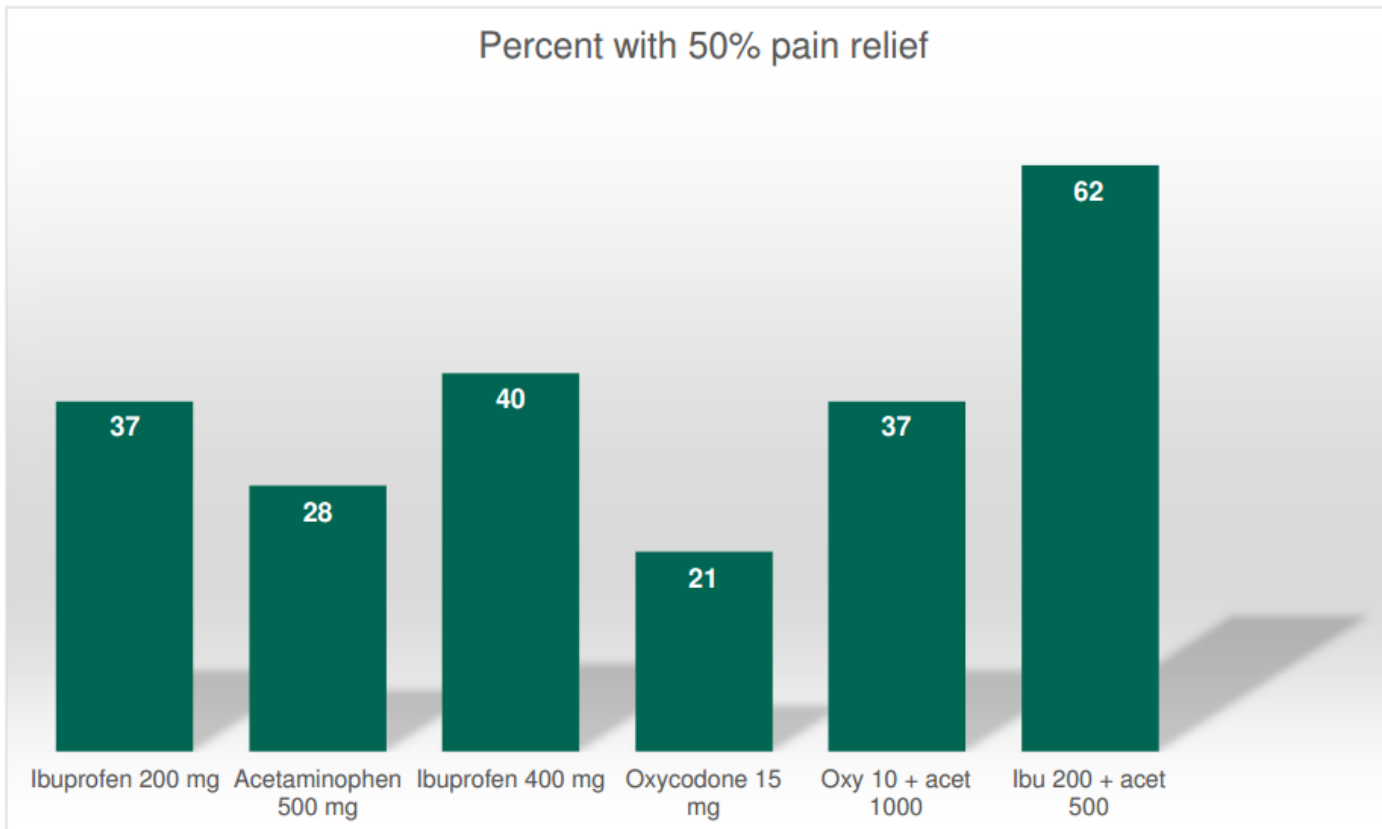
...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.



Alternatives

Efficacy of pain medications Acute pain^{26,27,51}



The Path Forward

- Engaged, resilient patient
- “Appropriate” (not Zero) Opioids (<http://bit.ly/2iotzLw>)
- Non-Opioid Rx: NSAIDs, gabapentin (<http://bit.ly/2yKMbQQ>)
- Physical therapy, chiropractic treatment
- Acupuncture, dry needling, biofeedback
- Yoga, Tai Chi
- More activity, better sleep, nutritious diet
- Cognitive Behavioral Therapy (CBT), mindfulness
- ***Individualized self-management***

#BioPsychoSocialSpiritual



Questions and Discussion



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