

# Opioids

A public health matter

# Opioids

- 
- Illegal drugs like heroin
  - Prescribed drugs like pain killers
    - Hydrocodone
    - Oxycodone
    - Codeine
    - Morphine
    - Fentanyl

# Physical Dependence v. Addiction

Physical dependence to opioids = the body relies on a external source of opioids to prevent withdrawal

## Physical dependence

- Predictable
- Easily managed with medication
- Ultimately resolved with a slow taper off of the opioid

## Addiction

Chronic, relapsing brain disease

## Three C's

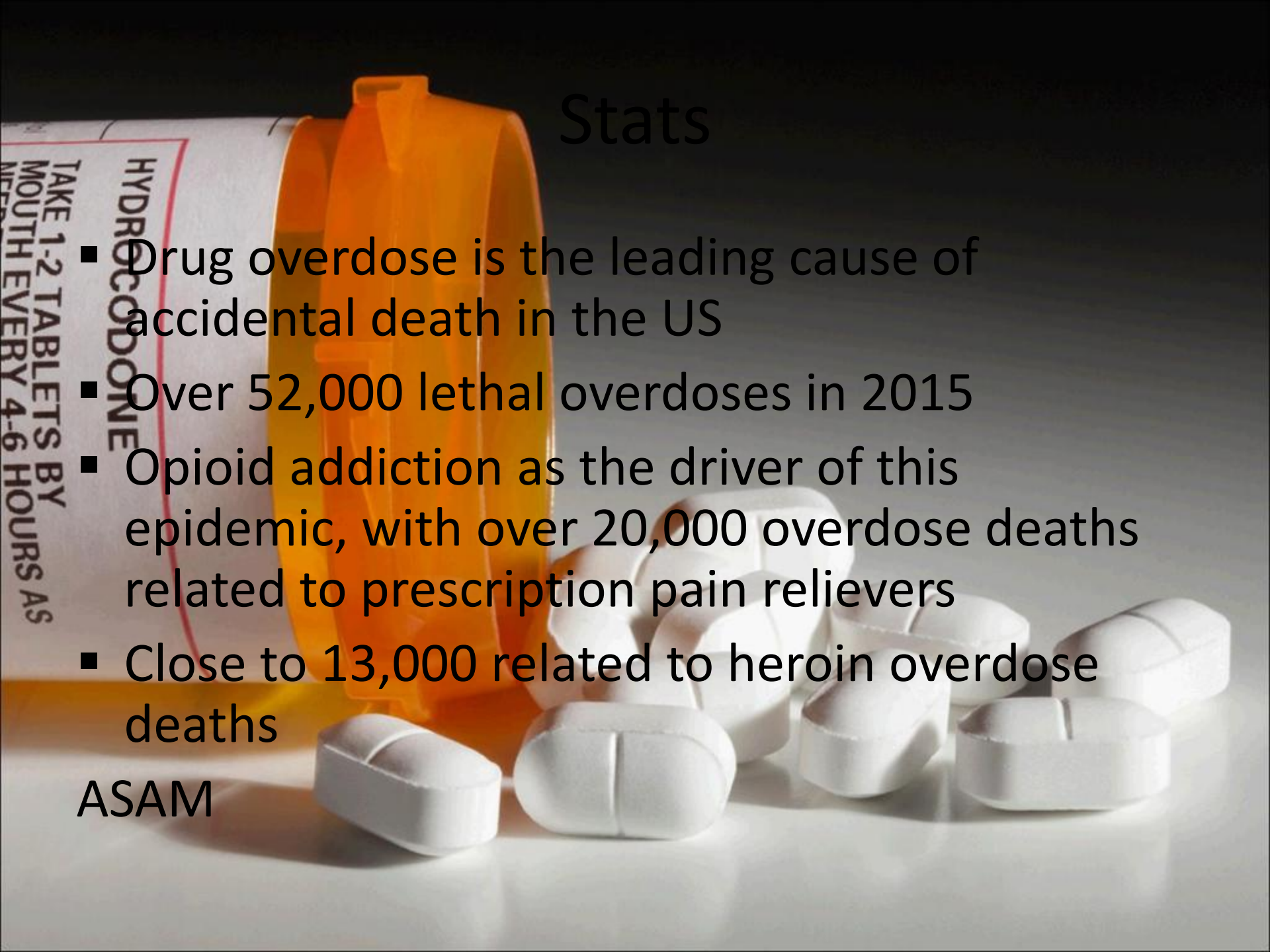
- Craving
- Control Loss
- Consequences, Negative

TAKE 1-2 TABLETS BY MOUTH EVERY 4-6 HOURS AS NEEDED

HYDROCODONE



# Stats

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- Drug overdose is the leading cause of accidental death in the US
  - Over 52,000 lethal overdoses in 2015
  - Opioid addiction as the driver of this epidemic, with over 20,000 overdose deaths related to prescription pain relievers
  - Close to 13,000 related to heroin overdose deaths

ASAM

# Fact

- From 1999-2009: Overdose death rates, sales and substance use disorder treatment admissions related to prescription pain relievers increased exponentially



TAKE 1-2 TABLETS BY  
MOUTH EVERY 4-6 HOURS AS  
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HYDROCODONE

# Impact on two specific populations

A photograph of an orange pill bottle and several white, oval-shaped tablets with a score line, set against a dark background. The bottle is partially filled with tablets. The tablets are scattered on a white surface in front of the bottle. The bottle has a white label with black text that is partially visible.

## Adolescents

- In 2015 – 270, 000 adolescents were current non-medical users of pain relievers with 50% having an addiction
- Obtained them from friends or relatives

## Women

- More likely to have chronic pain and be prescribed opioids (between 1999-2010 over 48,000 women died of prescription pain relievers)

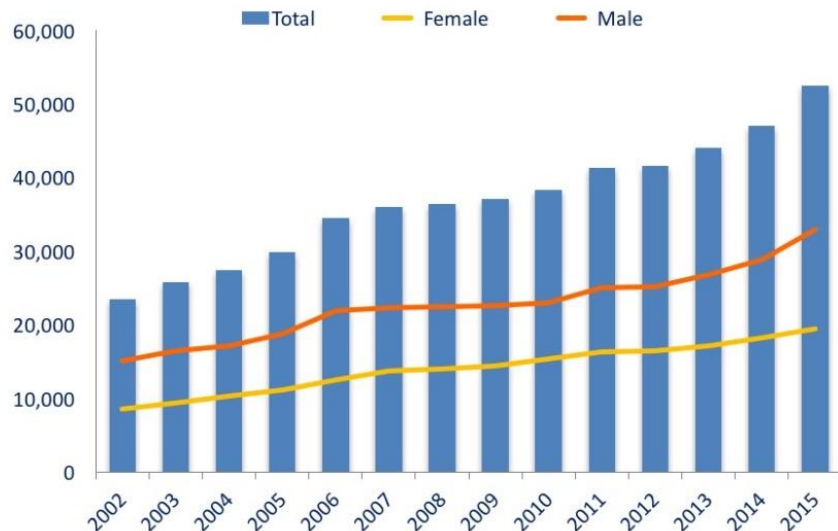
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## National Overdose Deaths

### Number of Deaths from All Drugs



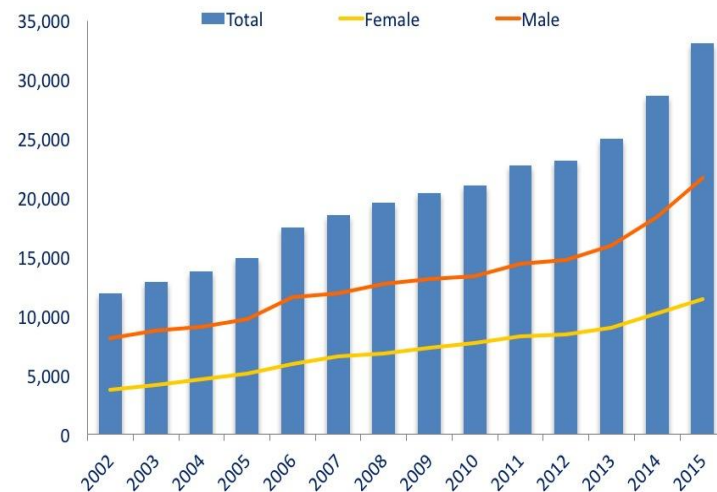
Source: National Center for Health Statistics, CDC Wonder

National Overdose Deaths—Number of Deaths from All Drugs. The figure above is a bar chart showing the total number of U.S. overdose deaths involving all drugs from 2002 to 2015. The chart is overlaid by a line graph showing the number of deaths of females and males. From 2002 to 2015 there was a **2.2-fold** increase in the total number of deaths.



## National Overdose Deaths

### Number of Deaths from Opioid Drugs

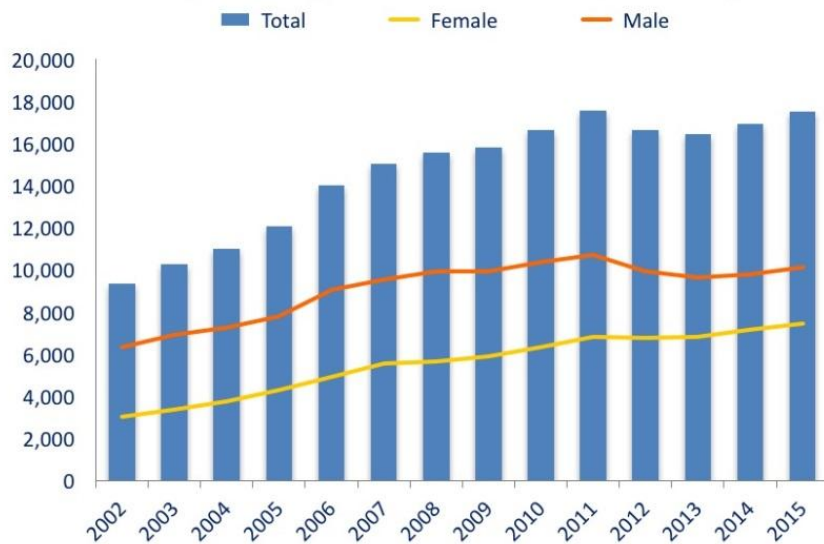


Source: National Center for Health Statistics, CDC Wonder

National Overdose Deaths—Number of Deaths from Opioid Drugs. The figure above is a bar chart showing the total number of U.S. overdose deaths involving opioid drugs from 2002 to 2015. Included in this number are opioid analgesics, along with heroin and illicit synthetic opioids. The chart is overlaid by a line graph showing the number of deaths of females and males. From 2002 to 2015 there was a **2.8-fold** increase in the total number of deaths.

## National Overdose Deaths

Number of Deaths from Prescription Opioid Pain Relievers (excluding non-methadone synthetics)

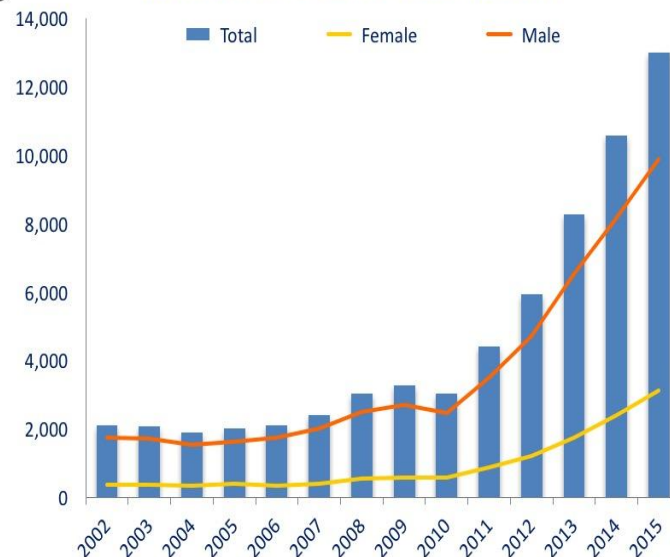


Source: National Center for Health Statistics, CDC Wonder

National Overdose Deaths—Number of Deaths from Prescription Opioid Pain Relievers (excluding non-methadone synthetics). The figure above is a bar chart showing the total number of U.S. overdose deaths involving opioid pain relievers (excluding non-methadone synthetics) from 2002 to 2015. Non-methadone synthetics is a category dominated by illicit fentanyl, and has been excluded to more accurately reflect deaths from prescription opioids. The chart is overlaid by a line graph showing the number of deaths of females and males. From 2002 to 2011 there was a **1.9-fold** increase in the total number of deaths, but it has remained relatively stable since then.

## National Overdose Deaths

Number of Deaths from Heroin



Source: National Center for Health Statistics, CDC Wonder

National Overdose Deaths—Number of Deaths from Heroin. The figure above is a bar chart showing the total number of U.S. overdose deaths involving heroin from 2002 to 2015. The chart is overlaid by a line graph showing the number of deaths of females and males. From 2002 to 2015 there was a **6.2-fold** increase in the total number of deaths.



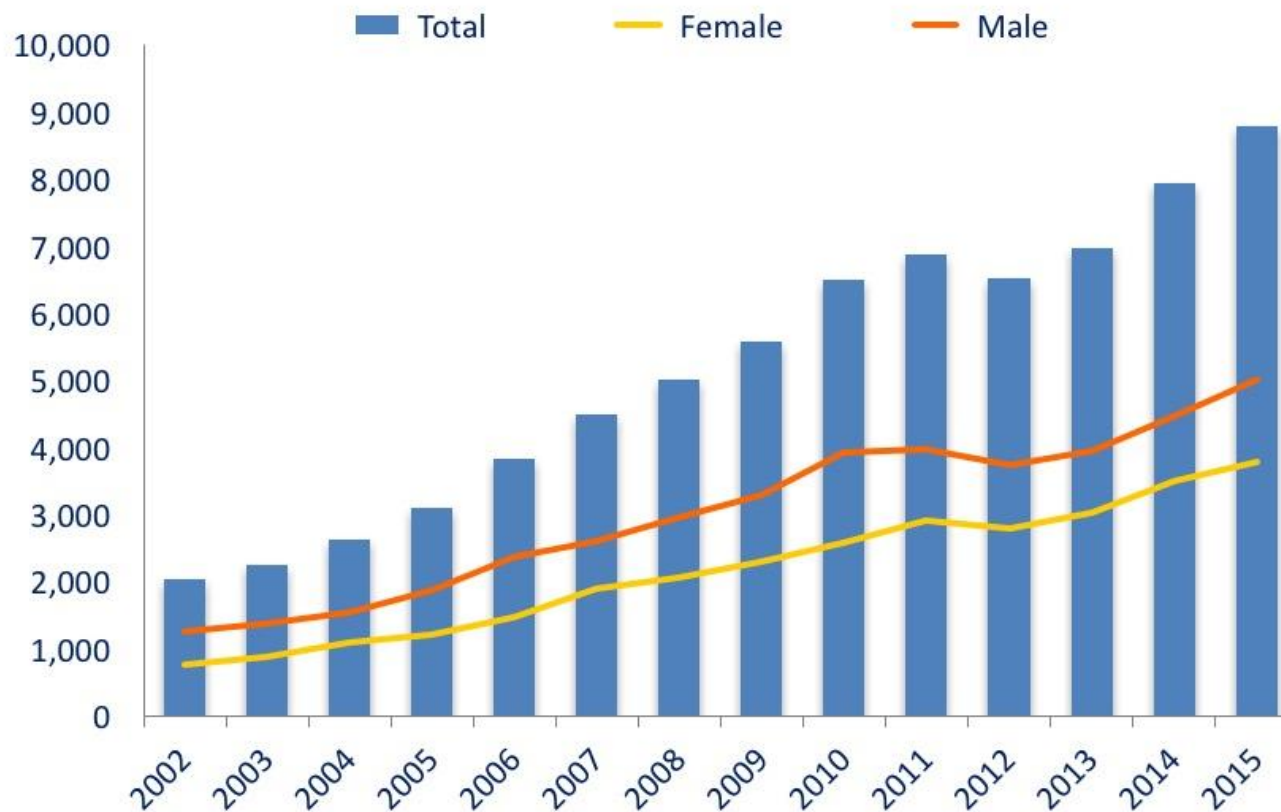


National Institute  
on Drug Abuse



# National Overdose Deaths

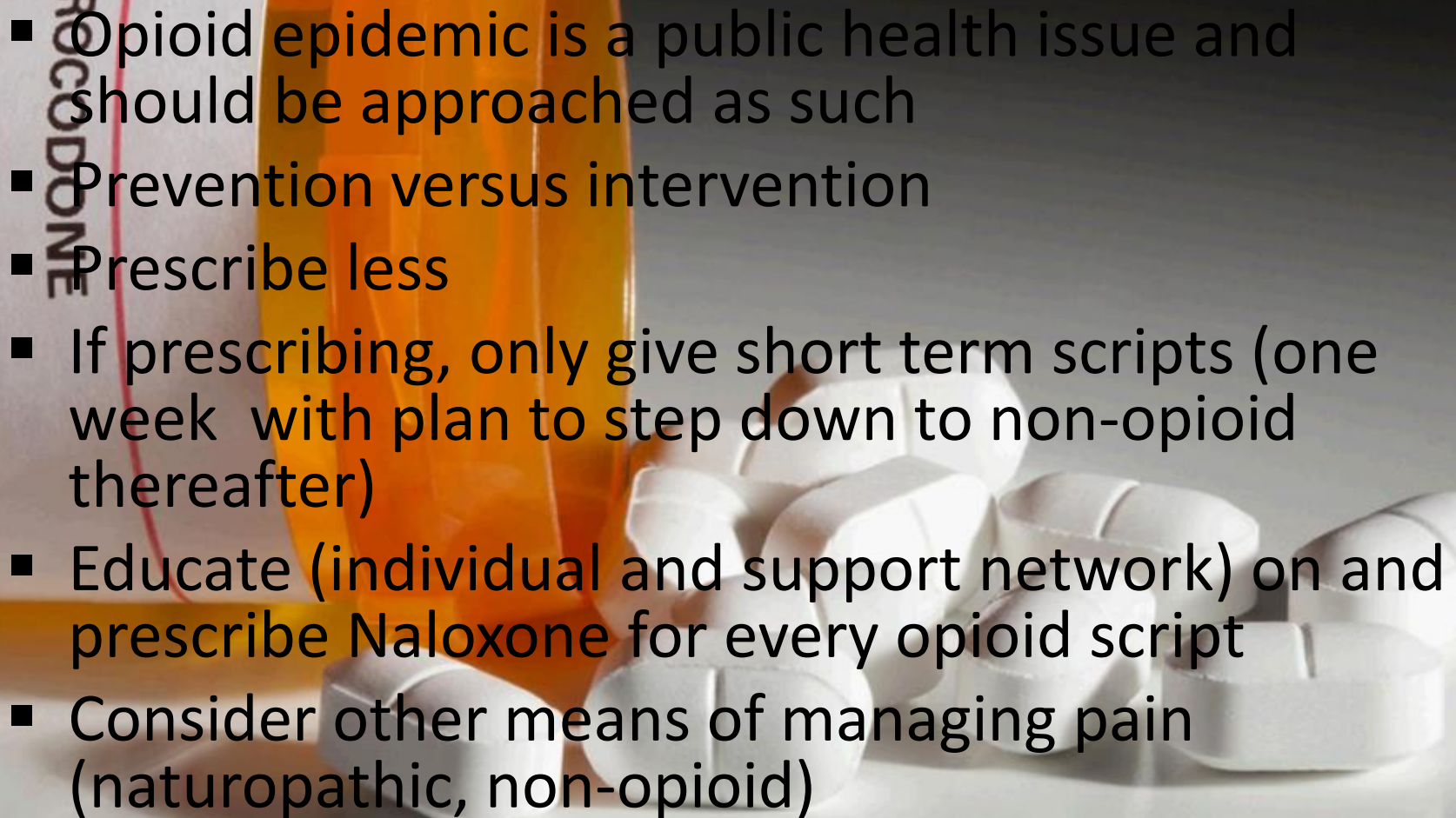
## Number of Deaths from Benzodiazepines



Source: National Center for Health Statistics, CDC Wonder

National Overdose Deaths—Number of Deaths from Benzodiazepines. The figure above is a bar chart showing the total number of U.S. overdose deaths involving benzodiazepines from 2002 to 2015. The chart is overlaid by a line graph showing the number of deaths of females and males. From 2002 to 2015 there was a **4.3-fold** increase in the total number of deaths.

# Summary

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- The background image shows an orange plastic pill bottle lying on its side. The white label on the bottle has the word "HYDROCODONE" printed vertically in bold black letters. To the left of this, smaller text reads "TAKE 1-2 TABLETS BY MOUTH EVERY 4-6 HOURS AS NEEDED". Several white, hexagonal tablets with a score line are scattered on the white surface in front of the bottle.
- Opioid epidemic is a public health issue and should be approached as such
  - Prevention versus intervention
  - Prescribe less
  - If prescribing, only give short term scripts (one week with plan to step down to non-opioid thereafter)
  - Educate (individual and support network) on and prescribe Naloxone for every opioid script
  - Consider other means of managing pain (naturopathic, non-opioid)