Responding to the Prescription Opioid and Heroin Crisis: An Epidemic of Addiction

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Conflict of Interests

I have no relevant financial relationships to disclose.
Opium
Unintentional Drug Overdose Deaths
United States, 1970–2007

52,404 drug overdose deaths in 2015

Heroin

Cocaine

Year

Death rate per 100,000

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United States, 1970–2007

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Heroin treatment admissions: 2003-2013

SOURCE: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS). Data received through 01.23.15.
Death rates from overdoses of heroin or prescription opioid pain relievers (OPRs), by age group

SOURCE: CDC. Increases in Heroin Overdose Deaths — 28 States, 2010 to 2012
MMWR. 2014, 63:849-854
Primary non-heroin opiates/synthetics admission rates, by State (per 100,000 population aged 12 and over)

1999
(range 1 - 50)

SOURCE: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS). Data received through 11.03.10.
Primary non-heroin opiates/synthetics admission rates, by State (per 100,000 population aged 12 and over)

2001
(range 1 – 71)

SOURCE: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS). Data received through 11.03.10.
Primary non-heroine opiates/synthetics admission rates, by State (per 100,000 population aged 12 and over)

2003
(range 2 – 139)

SOURCE: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS). Data received through 11.03.10.
Primary non-heroine opiates/synthetics admission rates, by State (per 100,000 population aged 12 and over)

2005 (range 0 – 214)

 SOURCE: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS). Data received through 11.03.10.
Primary non-heroine opiates/synthetics admission rates, by State (per 100,000 population aged 12 and over)

2007 (range 1 – 340)

SOURCE: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS). Data received through 11.03.10.
Primary non-heroin opiates/synthetics admission rates, by State (per 100,000 population aged 12 and over)

2009
(range 1 – 379)

SOURCE: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS). Data received through 11.03.10.
Unintentional overdose deaths involving opioid analgesics parallel per capita sales of opioid analgesics in morphine equivalents by year, U.S., 1997-2007

Source: National Vital Statistics System, multiple cause of death dataset, and DEA ARCOS
* 2007 opioid sales figure is preliminary.
Rates of Opioid Sales, OD Deaths, and Treatment, 1999–2010

CDC. MMWR 2011
Opioid prescribing in the U.S. peaked ~ 2011

Prescribing has declined slightly since 2011

Prescribing levels in 2015 were 3 times higher than 1999

Opioid Prescribing by Morphine Mg Equivalents by County 2015

The amount of opioids prescribed per person varied widely among counties in 2015.

Source: MMWR / July 7, 2017 / Vol. 66 / No. 26 US Department of Health and Human Services/Centers for Disease Control and Prevention
Estimated Age-adjusted Death Rates for Drug Poisoning by County, United States: 2015

USA total opioid consumption (mg/capita)
1980-2014

Sources: International Narcotics Control Board; World Health Organization population data
New York Consumption of Oxycodone
1980 - 2006

Sources: U.S. Dept of Justice, Drug Enforcement Administration, Office of Diversion Control
New York Consumption of Hydrocodone
1980 - 2006

Sources: U.S. Dept of Justice, Drug Enforcement Administration, Office of Diversion Control
Dollars Spent Marketing OxyContin (1996-2001)

Industry-funded “educational” messages

• Physicians are needlessly allowing patients to suffer because of “opiophobia.”

• Opioid addiction is rare in pain patients.

• Opioids can be easily discontinued.

• Opioids are safe and effective for chronic pain.
Industry-funded organizations campaigned for greater use of opioids

- Pain Patient Groups
- Professional Societies
- The Joint Commission
- The Federation of State Medical Boards
“The risk of addiction is much less than 1%”


Cited 824 times (Google Scholar)
ADDICTION RARE IN PATIENTS TREATED WITH NARCOTICS

To the Editor: Recently, we examined our current files to determine the incidence of narcotic addiction in 39,946 hospitalized medical patients who were monitored consecutively. Although there were 11,882 patients who received at least one narcotic preparation, there were only four cases of reasonably well documented addiction in patients who had no history of addiction. The addiction was considered major in only one instance. The drugs implicated were meperidine in two patients, Percodan in one, and hydromorphone in one. We conclude that despite widespread use of narcotic drugs in hospitals, the development of addiction is rare in medical patients with no history of addiction.

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Facing up to the prescription opioid crisis
Deaths resulting from prescription opioids tripled in the United States between 1999 and 2007 and are also increasing in many other countries, including the United Kingdom. Irfan A Dhall, Navindra Persaud, and David N Juurlink describe how this situation developed and propose several ways to reduce morbidity and mortality from opioids.

A Flood of Opioids, a Rising Tide of Deaths
Susan Okie, M.D.

Patient Satisfaction, Prescription Drug Abuse, and Potential Unintended Consequences
Aleksandra Zgierska, MD, PhD; Michael Miller, MD; David Rabago, MD
The Effectiveness and Risks of Long-Term Opioid Therapy for Chronic Pain: A Systematic Review for a National Institutes of Health Pathways to Prevention Workshop

Roger Chou, MD; Judith A. Turner, PhD; Emily B. Devine, PharmD, PhD, MBA; Ryan N. Hansen, PharmD, PhD; Sean D. Sullivan, PhD; Ian Blazina, MPH; Tracy Dana, MLS; Christina Bougatsos, MPH; and Richard A. Deyo, MD, MPH

Background: Increases in prescriptions of opioid medications for chronic pain have been accompanied by increases in opioid overdoses, abuse, and other harms and uncertainty about long-term effectiveness.

Purpose: To evaluate evidence on the effectiveness and harms of long-term (>3 months) opioid therapy for chronic pain in adults.

Data Sources: MEDLINE, the Cochrane Central Register of Controlled Trials, the Cochrane Database of Systematic Reviews, PsycINFO, and CINAHL (January 2008 through August 2014); relevant studies from a prior review; reference lists; and ClinicalTrials.gov.

Study Selection: Randomized trials and observational studies that involved adults with chronic pain who were prescribed long-term opioid therapy and that evaluated opioid therapy versus placebo, no opioid, or nonopioid therapy; different opioid dosing strategies; or risk mitigation strategies.

Data Extraction: Dual extraction and quality assessment.

Data Synthesis: No study of opioid therapy versus no opioid therapy evaluated long-term (>1 year) outcomes related to pain, function, quality of life, opioid abuse, or addiction. Good- and fair-quality observational studies suggest that opioid therapy for chronic pain is associated with increased risk for overdose, opioid abuse, fractures, myocardial infarction, and markers of sexual dysfunction, although there are few studies for each of these outcomes; for some harms, higher doses are associated with increased risk. Evidence on the effectiveness and harms of different opioid dosing and risk mitigation strategies is limited.

Limitations: Non-English-language articles were excluded, meta-analysis could not be done, and publication bias could not be assessed. No placebo-controlled trials met inclusion criteria, evidence was lacking for many comparisons and outcomes, and observational studies were limited in their ability to address potential confounding.

Conclusion: Evidence is insufficient to determine the effectiveness of long-term opioid therapy for improving chronic pain and function. Evidence supports a dose-dependent risk for serious harms.

Primary Funding Source: Agency for Healthcare Research and Quality.

For author affiliations, see end of text.
This article was published online first at www.annals.org on 13 January 2015.
"OIC is a different type of constipation"
CDC Opioid Guideline (2016)

“Nonpharmacologic therapy and nonopioid pharmacologic therapy are preferred for chronic pain.”
CDC Opioid Guideline (2016)

• Developed without input from experts with ties to opioid makers

• Rejected use of so-called risk assessment tools

• Defined $\geq 50\text{mg ME}$ as high dose and $\geq 90\text{mg ME}$ to be avoided.

• For acute pain: “Three days or less will often be sufficient.”
“We recommend against initiation of long-term opioid therapy for chronic pain”

“Risks for overdose and death significantly increase at a range of 20-50 mg morphine equivalent daily dose”

“We recommend against opioid doses over 90 mg morphine equivalent daily dose for treating chronic pain”
Controlling the epidemic:  
A Three-pronged Approach

- **Prevent** new cases of opioid addiction.
- **Treat** people who are already addicted.
- **Reduce supply** from pill mills and the black-market.
How the opioid lobby frames the problem:

**Who Will Be Affected by Rescheduling?**

Source: Slide presented by Dr. Lynn Webster at FDA meeting on hydrocodone upscheduling, Jan 25th, 2013.
This is a **false dichotomy**

Opioid harms are not limited to so-called “drug abusers”

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**Pain Patients**

- 35% met DSM V criteria for an opioid use disorder

**“Drug Abusers”**

- 92% of opioid OD decedents were prescribed opioids for chronic pain.

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Comparison of Mortality Data from AIDS Case Reports and Death Certificates in Which HIV Disease Was Selected as the Underlying Cause of Death, United States, 1987–2006

For comparison with data for 1999 and later years, data in the bottom (red) line for 1987–1998 were modified to account for ICD-10 rules instead of ICD-9 rules.
Buprenorphine Experience in France

- Introduced in the mid 90s
- 79% decline in OD deaths in 6 years
- Use of mono product (not formulated with naloxone) associated with diversion and injection use

Summary

• The U.S. is in the midst of a severe epidemic of opioid addiction

• To bring the epidemic to an end:
  – We must prevent new cases of opioid addiction
  – We must ensure access to treatment for people already addicted
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