



PANEL DISCUSSION: PAIN SCIENCES AND PRACTICE THE “OPIATE” CRISIS

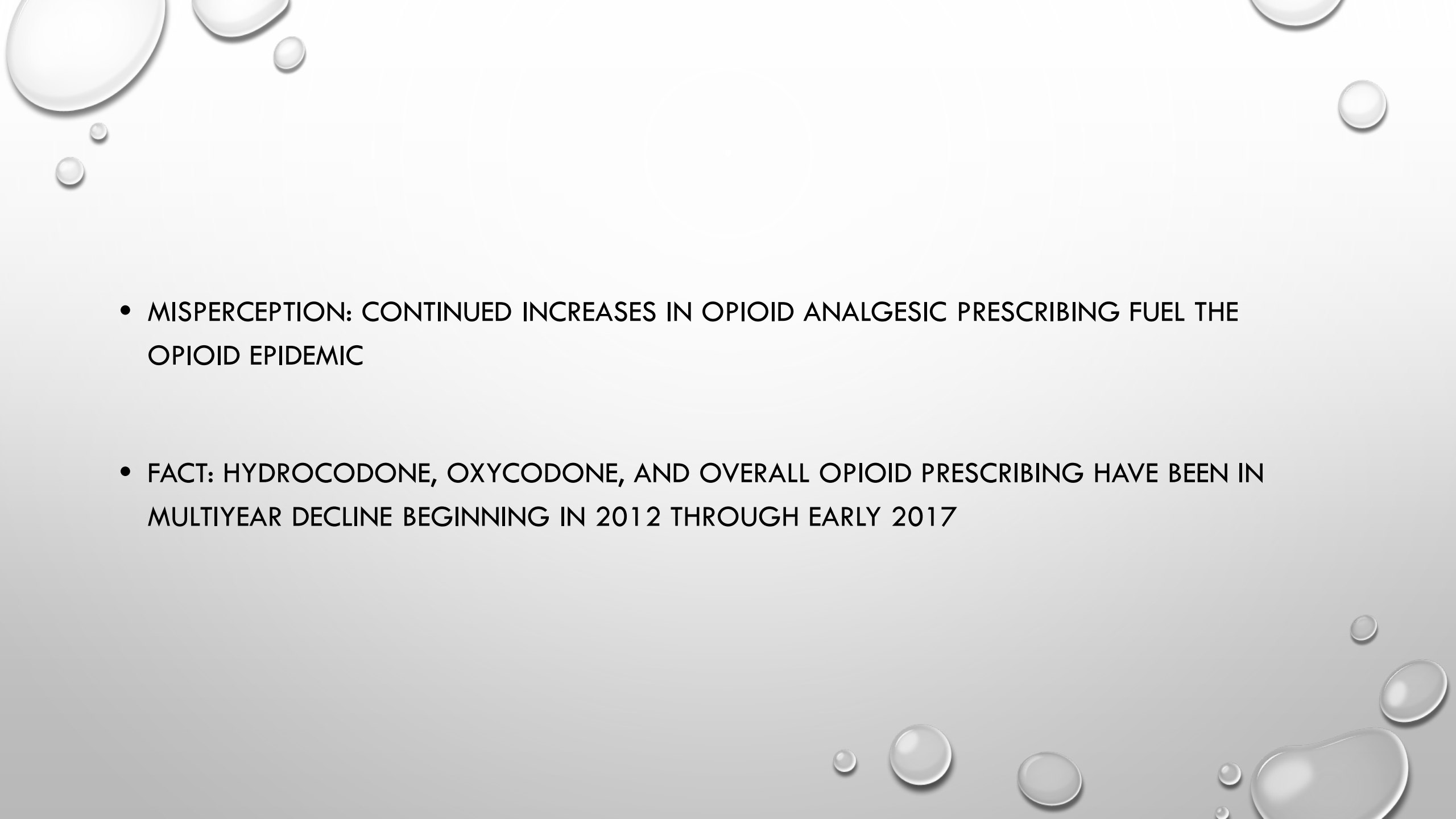
MILES DAY MD, DABA-PM, FIPP, DABIPP
TRAWEEK-RACZ ENDOWED PROFESSOR IN PAIN RESEARCH
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FACTS

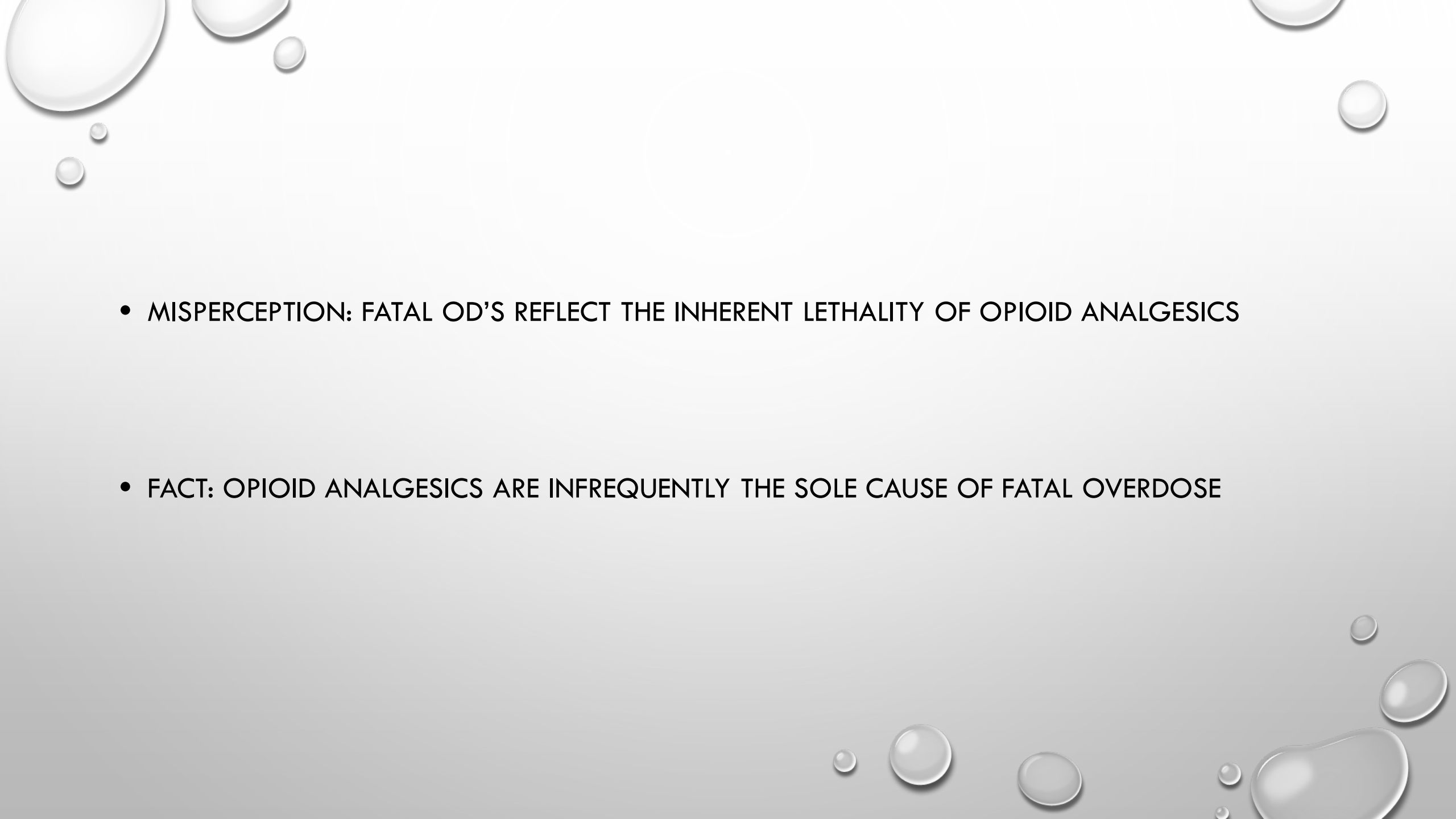
- APPROXIMATELY 20 PERCENT OF U.S. ADULTS (250 MILLION) HAD CHRONIC PAIN AND 8 PERCENT HAD HIGH-IMPACT CHRONIC PAIN—MEANING PAIN THAT LIMITED AT LEAST ONE MAJOR LIFE ACTIVITY—IN 2016.
- CHRONIC PAIN HAS BEEN LINKED TO RESTRICTED MOBILITY, OPIOID DEPENDENCY, ANXIETY, DEPRESSION, AND REDUCED QUALITY OF LIFE, AND IT CONTRIBUTES TO AN ESTIMATED \$560 BILLION ANNUALLY IN DIRECT MEDICAL COSTS, LOST PRODUCTIVITY, AND DISABILITY PROGRAMS IN THE UNITED STATES.

CONSEQUENCES OF UNCONTROLLED CHRONIC PAIN

- CHRONIC PAIN IS SECOND ONLY TO BIPOLAR DISORDER AS A MEDICAL CAUSE OF SUICIDE
- OF 6,940 PRIMARY CARE PATIENTS FOLLOWED OVER 10 YEARS, THE MORTALITY RISK FROM POORLY CONTROLLED MODERATE TO SEVERE CHRONIC PAIN WAS 68% GREATER THAN FROM CARDIOVASCULAR DISEASE AND 49% GREATER THAN ALL OTHER CAUSES COMBINED
- THE NEGATIVE IMPACT OF CHRONIC PAIN ON QUALITY OF LIFE (QOL) IS MORE SEVERE THAN HEART FAILURE, RENAL FAILURE, OR MAJOR DEPRESSION AND IS COMPARABLE WITH THE QOL OF PATIENTS DYING OF CANCER

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- MISPERCEPTION: CONTINUED INCREASES IN OPIOID ANALGESIC PRESCRIBING FUEL THE OPIOID EPIDEMIC
 - FACT: HYDROCODONE, OXYCODONE, AND OVERALL OPIOID PRESCRIBING HAVE BEEN IN MULTIYEAR DECLINE BEGINNING IN 2012 THROUGH EARLY 2017

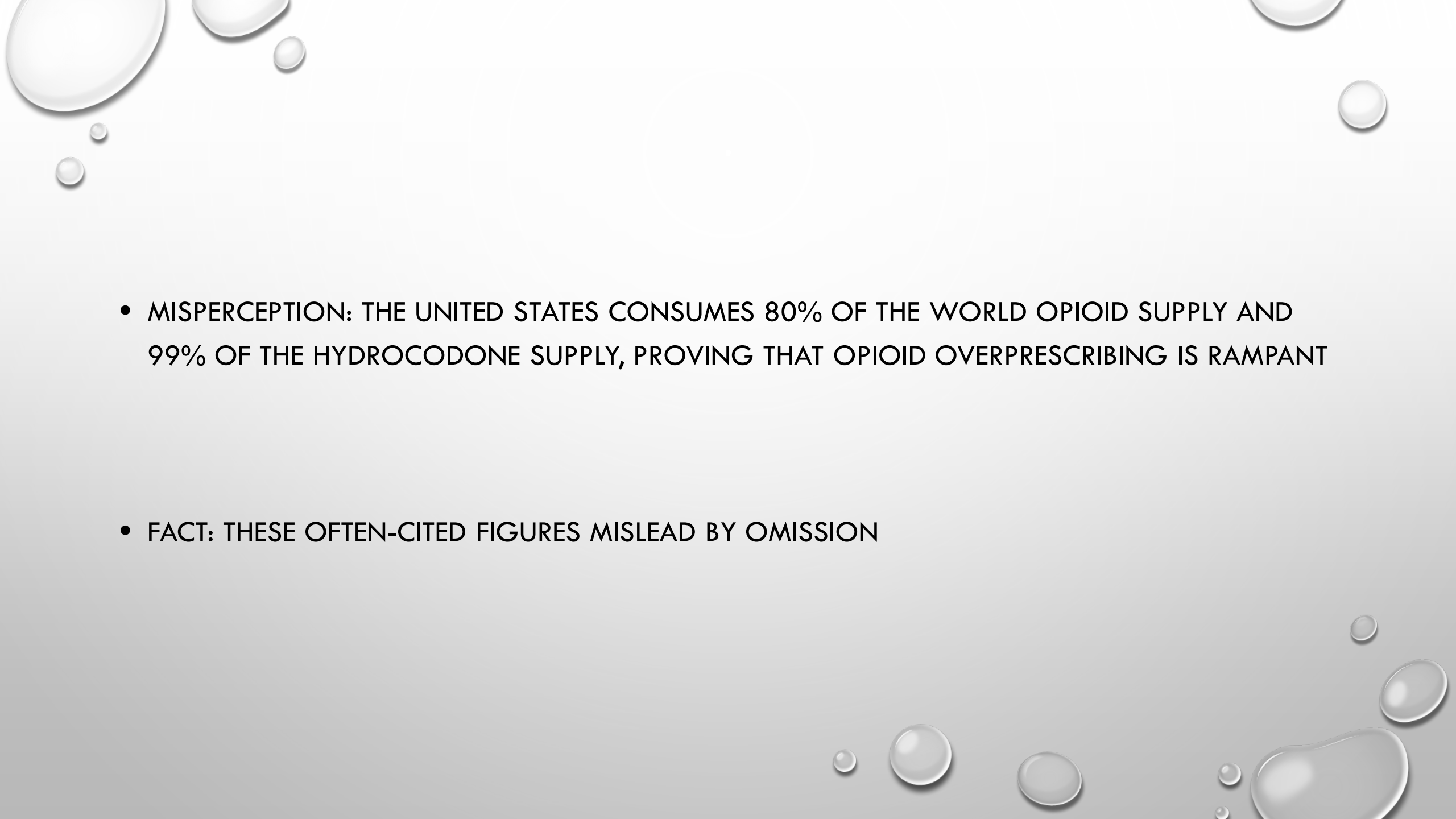
- MISPERCEPTION: PRESCRIPTION OPIOID ANALGESIC OVERDOSE (OD) DEATHS SOARED IN 2014 AND CONTINUE TO INCREASE
- FACT: FATAL PRESCRIPTION OPIOID ANALGESIC OD'S HAVE STEADILY DECLINED SINCE 2011; IN CONTRAST TO EARLIER REPORTS, THE 2014 INCREASE WAS NOT DUE TO PRESCRIPTION OPIOID ANALGESICS, BUT FROM ILLICIT CHINESE FENTANYL AND HEROIN

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- MISPERCEPTION: FATAL OD'S REFLECT THE INHERENT LETHALITY OF OPIOID ANALGESICS

 - FACT: OPIOID ANALGESICS ARE INFREQUENTLY THE SOLE CAUSE OF FATAL OVERDOSE

- MISPERCEPTION: PRESCRIPTION OPIOID ANALGESICS ARE THE GATEWAY TO HEROIN

- FACT: PROGRESSION FROM PRESCRIPTION OPIOID ABUSE TO HEROIN INITIATION IS INFREQUENT

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- MISPERCEPTION: THE UNITED STATES CONSUMES 80% OF THE WORLD OPIOID SUPPLY AND 99% OF THE HYDROCODONE SUPPLY, PROVING THAT OPIOID OVERPRESCRIBING IS RAMPANT

 - FACT: THESE OFTEN-CITED FIGURES MISLEAD BY OMISSION

OTHER STATISTICS

- INAPPROPRIATE ANTIBIOTIC OVERPRESCRIBING IS THE SINGLE GREATEST CONTRIBUTOR TO ANTIBIOTIC-RESISTANT BACTERIA. RECENT ESTIMATES INDICATE THAT MORE THAN 2 MILLION AMERICANS ARE AFFLICTED ANNUALLY, WITH 23,000 FATALITIES. *CLOSTRIDIUM DIFFICILE*, AN INFECTION RESULTING FROM ANTIBIOTIC USE, ANNUALLY AFFLICTS AROUND 500,000 AND KILLS 15,000.
- EVERY YEAR, NSAIDS CAUSE 7,000 TO 10,000 FATALITIES FROM GASTROINTESTINAL HEMORRHAGE

REFERENCE

- DAHLHAMER J, LUCAS J, ZELAYA C, NAHIN R, MACKKEY S, DEBAR L, KERNS R, VON KORFF M, PORTER L, HELMICK C. [PREVALENCE OF CHRONIC PAIN AND HIGH IMPACT CHRONIC PAIN AMONG ADULTS – UNITED STATES, 2016](#). MMWR. SEPTEMBER 14, 2018.
- ROSE M. ARE PRESCRIPTION OPIOIDS DRIVING THE OPIOID CRISIS? ASSUMPTIONS VS FACTS PAIN MEDICINE 2018; 19: 793–807.