May 2, 2018

WELCOME to a special edition of the NNOHA News focused exclusively on our nation's Opioid Crisis

a word from our president...

In 2016, opioids (including prescription opioids, heroin and fentanyl) killed more than 42,000 people, more than any year on record. The numbers for 2017 are still being tabulated by the Centers for Disease Control and Prevention but it is believed that between 59,000 to 65,000 people may have died of overdoses last year. Perhaps the unhappiest news about this epidemic is that 40 percent of these deaths involved a prescription pain reliever, according to the CDC.

This is clearly not a disaster exclusively about "bad" people and illegal drug use. Countless families are dealing with loss of their loved ones to addiction. Very much like the shameful high cost of untreated dental disease, addiction is also a preventable disease. The National Institutes of Health estimates 80 percent of heroin users first began their drug use with prescription pain medication. Worsening this situation, dentists prescribe opioids more often than any other specialty. The American Dental Association estimates that we, alone, are responsible nationwide for one in eight prescriptions for immediate-release opioids. This has prompted ADA President Joseph P. Crowley to "... call upon dentists everywhere to double down on their efforts to prevent opioids from harming our patients and their families." As a safety net provider caring for many patients with emergent dental needs, I believe that this problem is especially relevant to our NNOHA membership and must be taken to heart.

The White House has even joined this war on drugs, making reduction of the number of U.S. deaths attributed to opioids a key priority. President Donald Trump recently declared the opioid epidemic a national public health emergency. I am encouraged that we as a nation are taking this problem seriously. Virginia, where I care for patients, is one of six states who have declared the opioid crises a public health emergency. What this means is that mandatory education regarding pain management and safer
prescription guidelines is now required. The declaration also allows every Virginian at risk of opioid overdose to be prescribed (along with their opioid medication) life-saving naloxone, which is used to treat overdoses. In addition to supplying pharmacies, our state has issued more than 9,000 naloxone doses this year to local health departments, fire departments and school administrators.

Mandatory training for all health professionals throughout the United States is now being considered which could make a tremendous impact. If your health center is not located in a state requiring this continuing medical education for license renewal, I implore you to still consider attending training regarding the new evidence-based guidelines on managing acute pain.

In this issue of the NNOHA News, we are providing access to a large number of quality resources on the opioid crisis for our members. Additionally, at our 2018 NNOHA Conference this November in New Orleans, LA, Dr. Harold Crossley will be one of our plenary speakers sharing his expertise on the pharmacology of opioids and chemical dependency. Registration will be opening this July. Join us and learn information that could save a life.

Scott Wolpin, DMD
President, NNOHA Board of Directors

Articles and Resources

A message from the ADA president: Preventing opioid abuse from the dental chair
(January 22, 2018)

ADA Resources on Prescription Opioid Abuse

ADA Adopts Interim Opioids Policy
The Nation is in the midst of an unprecedented opioid epidemic. 116 people a day die from opioid-related drug overdoses. Prevention and access to treatment for opioid addiction and overdose reversal drugs are critical to fighting this epidemic. Primary care settings have increasingly become a gateway to better care for individuals with both behavioral health (including substance use) and primary care needs. The Health Resources and Services Administration (HRSA) supports its grantees with resources, technical assistance, and training to integrate behavioral health care services into practice settings and communities.

**How HRSA is Addressing the Opioid Crisis**

- Expanding access through health centers and other primary care settings
- Using telehealth to treat opioid use disorder
- Connecting stakeholders to opioid-related resources
- Sharing best practices and regional approaches
- Increasing opioid use disorder training in primary care
- Informing policy and future investments
- Addressing opioid-related poisonings and overdoses

**Primary Health Care Digest - Special Edition: The Opioid Epidemic**

**SAMHSA**

SAMHSA/HHS: Opioid Overdose Prevention Toolkit and other opioid related resources are available at the SAMHSA website

**THE CENTERS FOR DISEASE CONTROL AND PREVENTION**

Preventing Opioid Overdoses and Related Harms

Confronting the Opioid Epidemic: What Can Be Done?

CDC Opioid Basics
CDC Opioid Overdose Website

CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016

PREVENTING AN OPIOID OVERDOSE

Know the Signs. Save a Life.

Opioid Overdose Basics
Prescription opioids (like hydrocodone, oxycodone, and morphine) and illicit opioids (like heroin and illegally made fentanyl) are powerful drugs that have a risk of a potentially fatal overdose. Anyone who uses opioids can experience an overdose, but certain factors may increase risk including but not limited to:

- Combining opioids with alcohol or certain other drugs
- Taking high daily doses of prescription opioids
- Taking more opioids than prescribed
- Taking illicit or illegal opioids, like heroin or illegally-manufactured fentanyl, that could possibly contain unknown or harmful substances
- Certain medical conditions, such as sleep apnea or reduced kidney or liver function
- Age greater than 65 years old

Overdose from an opioid overdose happens when too much of the drug overwhelms the brain and interrupts the body’s natural drive to breathe. Learn more about opioids to protect yourself and your loved ones from opioid abuse, addiction, and overdose: www.cdc.gov/drugoverdose

Click the image above to download a pdf of this 2 page tip card

NIH/NIDA Opioid Overdose Crisis Information and Resources

Advancing Addiction Science
### THE OPIOID EPIDEMIC BY THE NUMBERS

**IN 2016...**

<table>
<thead>
<tr>
<th>Figure</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>116</td>
<td>People died every day from opioid-related drug overdoses</td>
</tr>
<tr>
<td>11.5 m</td>
<td>People misused prescription opioids</td>
</tr>
<tr>
<td>42,249</td>
<td>People died from overdosing on opioids</td>
</tr>
<tr>
<td>2.1 million</td>
<td>People misused prescription opioids for the first time</td>
</tr>
<tr>
<td>2.1 million</td>
<td>People had an opioid use disorder</td>
</tr>
<tr>
<td>17,087</td>
<td>Deaths attributed to overdosing on commonly prescribed opioids</td>
</tr>
<tr>
<td>948,000</td>
<td>People used heroin</td>
</tr>
<tr>
<td>19,413</td>
<td>Deaths attributed to overdosing on synthetic opioids other than methadone</td>
</tr>
<tr>
<td>170,000</td>
<td>People used heroin for the first time</td>
</tr>
<tr>
<td>15,469</td>
<td>Deaths attributed to overdosing on heroin</td>
</tr>
<tr>
<td>504 billion</td>
<td>In economic costs</td>
</tr>
</tbody>
</table>


**Updated:** January 2018. For more information, visit: [http://www.hhs.gov/opioids/](http://www.hhs.gov/opioids/)

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### In the NEWS

- CNN.com - Opioid Crisis Fast Facts
- NPR.com - Municipalities Team Up To Sue The Pharmaceutical Industry
- NPR.com - Anguished Families Shoulder The Biggest Burdens Of Opioid Addiction
- The New York Times.com - Alternative to Opioids for Pain Relief
- webmd.com Oral Care News - Advil + Tylenol Better Than Opioids for Oral Pain
**Understanding the Opioid Epidemic** is a 55 minute broadcast that combines stories of people and communities impacted by this epidemic along with information from experts and those at the frontlines of dealing with the epidemic. The program traces the history of how the nation got into this situation and provides possible solutions and directions for dealing with the crisis.

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**Opioids: An Epidemic and Alternatives**

Presentation from 2016 NNOHA Annual Conference

by Michael B. Marlin, M.D. Senior Toxicology Fellow Rocky Mountain Poison and Drug Center

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**Training Opportunities**

The Centers for Disease Control and Prevention, through their online learning system CDC TRAIN, offers many web based, self study training modules regarding opioids on topics including:

- Keys to Communication Success in Opioid Management
- Opioid Therapy For Pain: An Evidence Review
- Opioid Risk Assessment, Mitigation, and Management
- Innovative Research and the Opioid Epidemic: Are We Closer to Finding Solutions?
- and many more

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National Network for Oral Health Access

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