

OPIOID SUBSTITUTION THERAPY RISKS & BENEFITS

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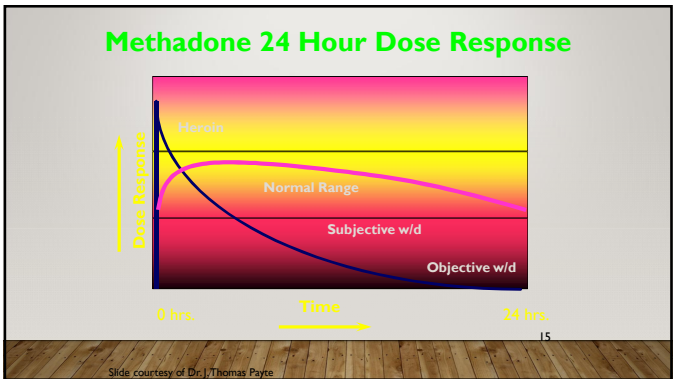
DISCLAIMER

In the past two years I have received no payment for services from any agency other than government or academic.

- ### OPIOID SUBSTITUTION
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- Methadone - Full mu receptor agonist
 - Buprenorphine (Suboxone®) - Partial agonist

- ### TEACHING OBJECTIVES: AFTER THIS TALK THE PARTICIPANT SHOULD BE AWARE OF:
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- Reduce or eliminate use of non prescribed opioid
 - Reduce or eliminate use of other drugs of abuse
 - Harm reduction
 - Death – by any means – reduction of
 - Preservation or improvement of health
 - Healthy pregnancy; healthy baby
 - Return or establishment of normal social/economic/family function

- ### REDUCTION OF NON PRESCRIBED OPIOID USE
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- Methadone and Suboxone both effective at doing this
 - Methadone is effective where suboxone fails
- BENEFIT



OTHER DRUGS OF ABUSE

- If done in isolation OST can increase use of stimulants.
- Methadone/suboxone eliminate the need to find and use opioids to prevent withdrawal.
- Frees up the polysubstance user's resources to obtain stimulant.
- Other treatment modalities must be employed in addition to OST.
- RISK

ALCOHOL

- This is a dose reduction risk
- Patient can mitigate their methadone withdrawal symptoms with alcohol.
- Roughly 85% of our patients are Hepatitis C Positive
- Do not foolishly encourage dose reduction.

HARM REDUCTION

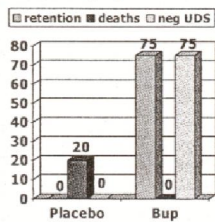
- Harm reduction means finding ways of allowing your patient to continue to use in a way that will be less dangerous and harmful to them
- OST is Treatment, not Harm Reduction.
- If done poorly, ie, continued prescribing despite patient persistent use of stimulant or liberal carry policy with patients who may sell their methadone, this is Harm Augmentation.
- Diversion

DEATH – BY ANY MEANS –REDUCTION OF

- Addiction is a very deadly illness, even if treated
- Mortality rates can be reduced by treatment, but never to the level of the non addicted population.

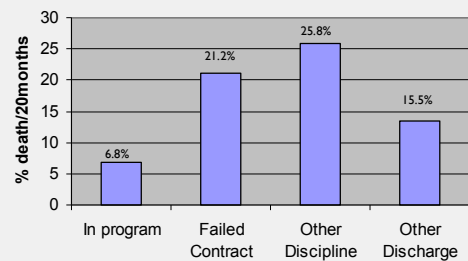
Kakko et al, Lancet Feb 22, 2003 One Year Outcome (%) *

- Swedish placebo study
 - argued as ethical because 4yr rule for MM
- N=40 heroin injectors
- Placebo Tx Group
 - Bup induction
 - Then 6 day taper;
 - Weekly cog-bev tx individual, group, plus emergency contacts
- Bup Tx Group
 - Fixed 16mg dose
 - Same psychosocial therapy



*Note studies using 8mg dose with lower retention ~ 20%

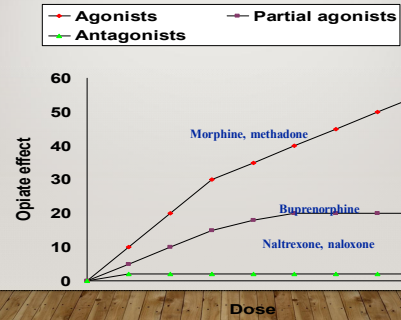
Death After Discharge from Methadone



DEATH BY OVERDOSE

- Suboxone has a "ceiling effect" – Difficult to overdose
- "Methadone doesn't have a sense of humour" Doug Gourlay
- Most death occur within the first three days of induction, almost all within the first ten day.
- Remember that patients lose their tolerance.
- Methadone/suboxone block mu receptor so it is protective against overdose with most opioids (fentanyl is the exception)

CLASSIFICATION OF OPIOIDS



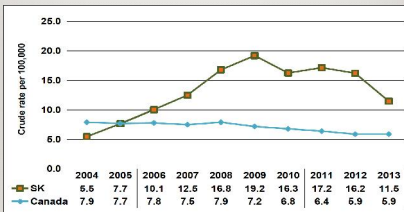
PRESERVATION OR IMPROVEMENT OF HEALTH

- Greatly reduces risk of BBV infection

HIV IN SASKATCHEWAN: INCIDENCE

16

Rate of new HIV cases per year, SK and Canada 2004-2013

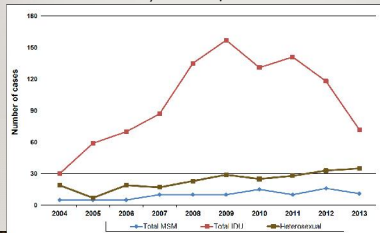


Saskatchewan Ministry of Health, Dec 1, 2014, HIV and AIDS in Saskatchewan 2013.

HIV IN SASKATCHEWAN: INCIDENCE AND RISK FACTORS

17

Count of new HIV cases by risk factors, SK 2004-2013



Saskatchewan Ministry of Health, Dec 1, 2014, HIV and AIDS in Saskatchewan 2013.

PRESERVATION OR IMPROVEMENT OF HEALTH

- Greatly reduces risk of BBV infection, Staphylococcus infection (osteomyelitis, endocarditis)
- Better nutrition, healthier life style
- Regular contact with health care professionals
- Constipation
- Hormonal dysregulation
- Wt gain
- Sweating
- Tooth decay

HEALTHY PREGNANCY; HEALTHY BABY

- OST reduces fetal wastage (withdrawal kills fetuses)
- Neonatal abstinence syndrome
- NAS less severe in mothers treated with Suboxone.
- Fewer pregnant women drop out of Methadone Maintenance than they do out of Suboxone Maintenance.
- Infant less likely to be apprehended if mother doing well on OST

RETURN OR ESTABLISHMENT OF NORMAL SOCIAL/ECONOMIC/FAMILY FUNCTION

- "you have given me my life back"
- Children returned from care
- Stay out of Jail
- Job
- Education

FINAL THOUGHTS

- Wisely managed Opioid Substitution Therapy carries minimal risk
- Suboxone is safer for the unwise (patient, physician, diverter) than is methadone
- Untreated opioid addiction invariably leads to an early death.
- The benefits of OST far outweigh any risk.