

TEENS, OPIOIDS, AND THE PATH TO ABUSE AND ADDICTION PART 2

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SWITCHING GEARS

“Addiction”

- Definition has changed over time
- Different people use the word to describe different things
 - Physical dependence
 - Substance use disorder

SUBSTANCE USE DISORDERS

- SUD – new term for addiction
- Under that term
 - Alcohol use disorder
 - Tobacco use disorder
 - Opioid use disorder

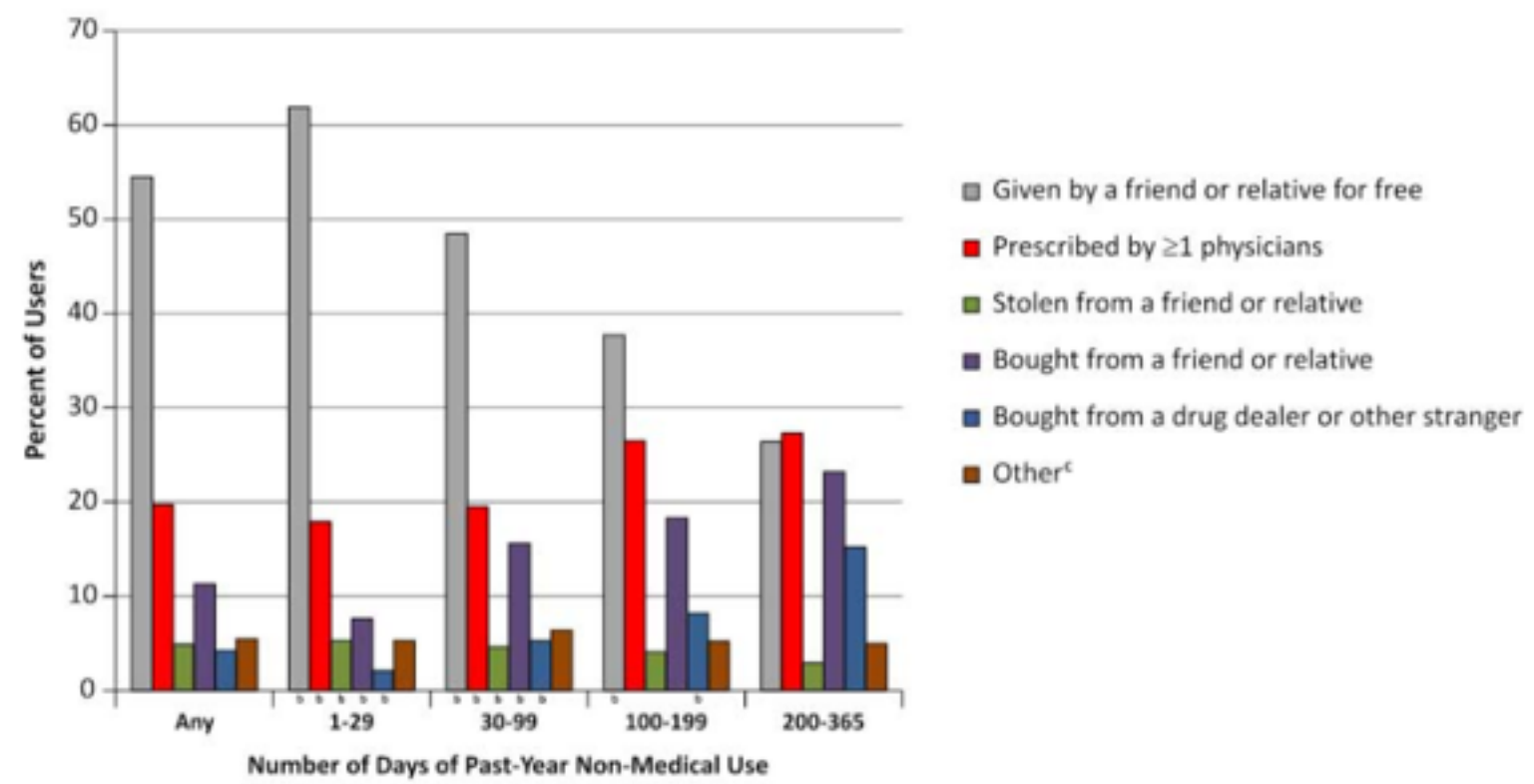
Often times we are dealing with polysubstance use

WHY DO PEOPLE START USING OPIOIDS?

1. Most common reason: from a legitimate prescription
2. Obtain med from friend or family
Injury; no insurance;
3. To get high

What about those Misusing Opioids?

Sources of Prescription Opioids Among Past-Year Non-Medical Users^a



^a Obtained from the US National Survey on Drug Use and Health, 2008 through 2011.⁵
^b Estimate is statistically significantly different from that for highest-frequency users (200-365 days) (*P* < .05).
^c Includes written fake prescriptions and those opioids stolen from a physician's office, clinic, hospital, or pharmacy; purchases on the Internet; and obtained some other way.

SOURCE: Jones C, Paulozzi L, Mack K. Sources of prescription opioid pain relievers by frequency of past-year nonmedical use: United States, 2008–2011. *JAMA Int Med* 2014; 174(5):802-803.

What should you do with unused opioids?



1. **LOCK** them up



2. Take them to a permanent disposal (**DROP** box)

rxdrugdropbox.org to find locations



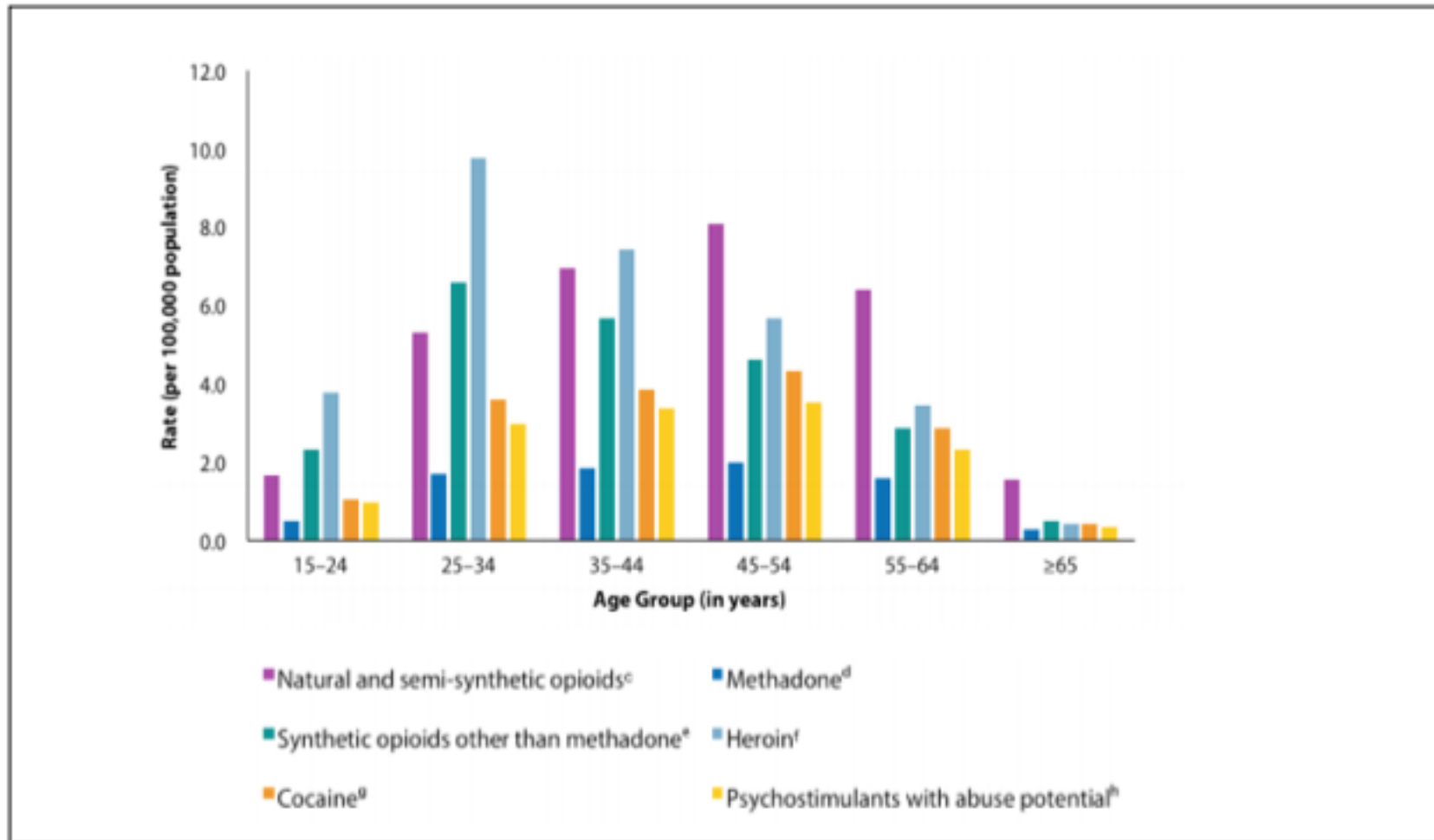
3. Add **COFFEE GROUND**s and water to a pill bottle and then throw it away



4. If you are unable to do any of these things, **FLUSH** them

LOCK OR **DROP** OR add **COFFEE GROUND**s OR LASTLY **FLUSH**

Age-adjusted rates of drug overdose deaths¹⁰⁸



Three Major Parts of the Brain are Involved in Drug Use¹⁰⁵

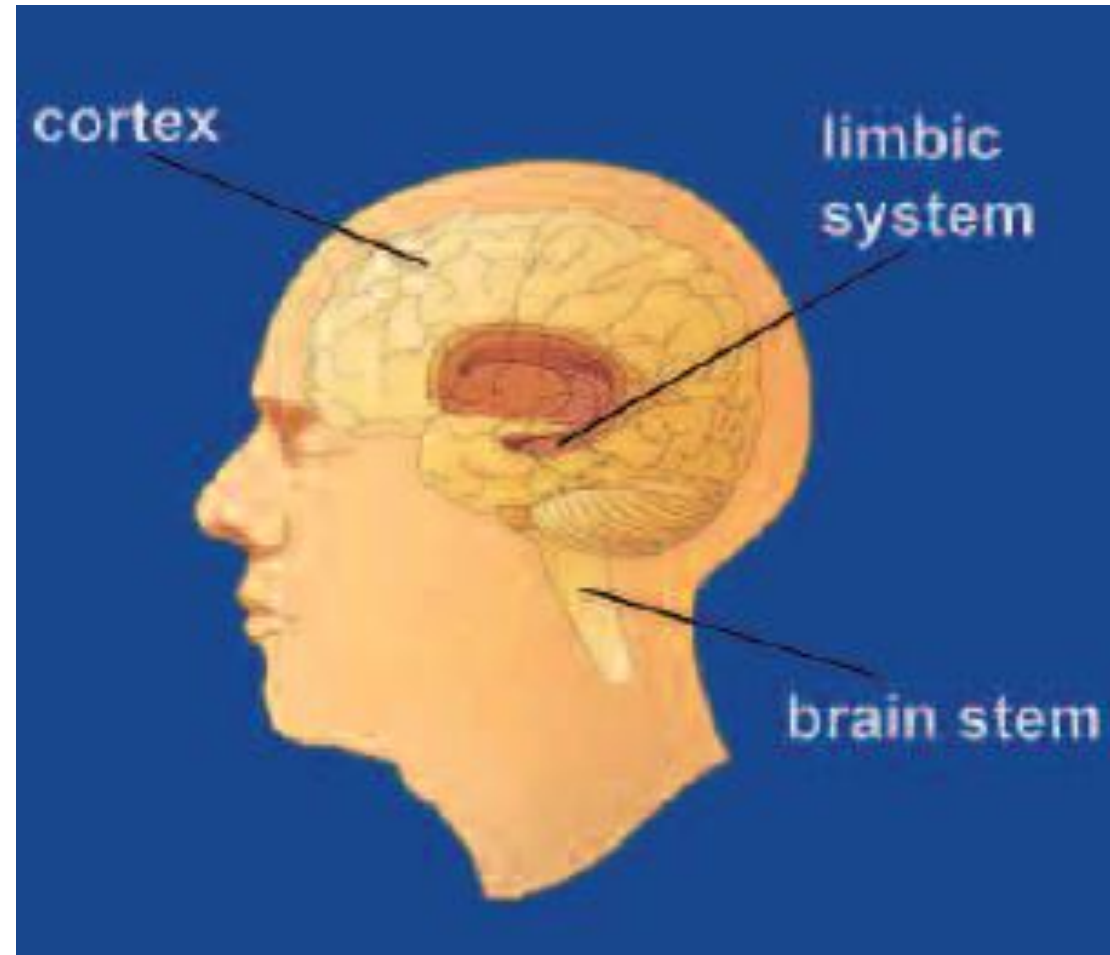


Image courtesy of National Institutes of Health

Limbic System – The Reward Pathway¹⁰⁵

- aka the PLEASURE CENTER
- Rewards behaviors that keep us alive and healthy (eating, exercise, positive social interactions)
- Can also be “hijacked” by chemicals we put into our bodies (fat, sugar, **drugs**)

The Adolescent Brain¹⁰⁶

- The “Sensitive Period”
 - The brain grows rapidly from teens to early 20s
- Adolescents learn more quickly and easily than adults
 - Good news: Learning machine
 - Bad news: More likely to become dependent and cause permanent brain damage if they use drugs than adults who try drugs for the first time

Why Are some people predisposed to substance use disorder?

- Risk Factors:¹⁰⁷
 - Family history (genetic or learned?)
 - Life stress
 - Mental illness
 - Age of first use
 - Taking a highly addictive drug
- ACE scores

Why Are Opioids So Dangerous?

- All of drugs of abuse are dangerous and should be avoided
- Opioids are particularly scary
 - They cause dependence within days
 - It's very hard to quit once you're dependent
 - Withdrawal/ "dope sickness"
 - Nausea, vomiting, diarrhea, intense pain
 - Opioids slow or even stop your breathing (respiratory depression – can lead to death)

Theory of opioid addiction (opioid use disorder)

- A susceptible person
 - Genetics
 - ACE scores
- Exposure to an addictive substance
- Stress

Opioid Use Disorder

- Once someone is addicted, why do they continue?

WHY DO THEY CONTINUE?

- Fear of withdrawal
 - Withdrawal undoes everything that opioid intoxication does – and when the pendulum swings back it can be very painful.
- What does withdrawal feeling like?
- The flu X 10
- If a user gets through physical withdrawal they may then experience emotional withdrawal: missing the feeling of being high. This can result in relapse, which means that a user starts using again.

Relapse

- Relapse is dangerous. Why?
- Because a user may go back to using the same dosage they did prior to stop using, but their body is not ready for it
- Which leads to?
- Overdose and death.

Attention Parents of Students:

We need your help to fight prescription painkiller addiction and overdose. It only takes a little to lose a lot.



The danger of addiction is closer than you think...

A growing number of students are becoming addicted to painkillers after being prescribed painkillers for an injury. Commonly prescribed opioids are: Vicodin, Oxycodone or Percocet. Heroin is also an opioid.

Opioids can be addictive and dangerous. People aged 12 - 49 who became dependent on prescription painkillers were 19 times more likely to have used heroin.¹

TALK BEFORE YOU TAKE.

While your child may have a real need for pain medication, new research shows that often times the

500 MG TYLENOL & 200 MG IBUPROFEN

taken together up to
4x per day with food
and water reduces

AS A PARENT OR STUDENT, ASK QUESTIONS.

*"What are the side effects of
this medication?"*

"Do I have to finish taking all of

EFFICACY OF PAIN MEDIATIONS ACUTE PAIN^{50,51}

