



Providers  
Clinical Support  
System

# Opioids, Dentistry and Addiction: The Dentist's Role in Treating Pain

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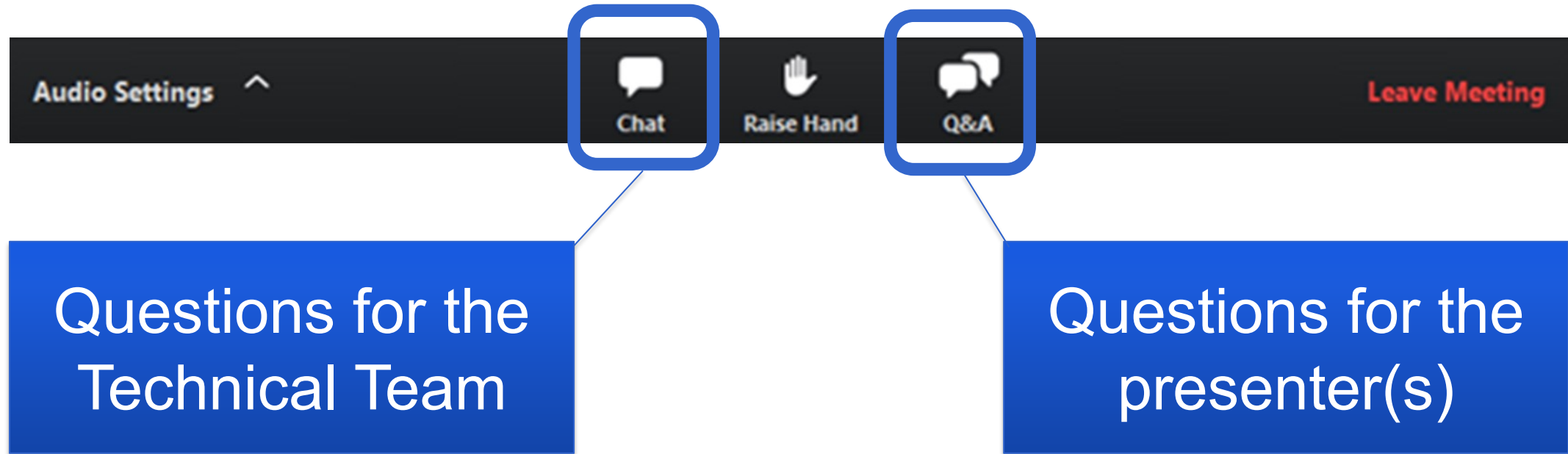
# Disclosures

No conflicts of interest to disclose.

# Target Audience

- The overarching goal of the Providers Clinical Support System (PCSS) is to train healthcare professionals in evidence-based practices for the prevention and treatment of opioid use disorders, particularly in prescribing medications, as well for the prevention and treatment of substance use disorders.

# To interact during the webinar:



# Educational Objectives

- At the conclusion of this activity participants should be able to:
  - Better understand addiction, how it happens and to whom.
  - Learn current pain control methods that are safer for patients than opioids.
  - Understand dentistry's role in fighting the opioid crisis.

# Opioids, Dentistry and Addiction: The Dentist's Role in Treating Pain

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DR. DAVID KIMBERLY

DR. SHARON PARSONS



# The Adolescent Brain

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- Major growth occurs in the PFC between ages 13 - 26
- Adolescents can become addicted 5x faster than adults
- People who start using as teenagers have immature PFC's

*Information provided by Brad Lander, PhD, LICDC*



Of all the people with addiction, 96.5% started substance use before age 21.

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Information provided by Brad Lander, PhD, LICDC  
2012 by The National Center on Addiction and Substance Abuse at Columbia University

# ADDICTION HAS GENETIC RISK FACTORS

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Genetics account for  
40-70% of the risk

Accessed February 08, 2016. <http://usatodayhss.com/2015/when-painkilling-becomes-an-addiction-for-young-athletes>. Koob, George. "Neurobiology of Addiction." Lecture, Essentials of Addiction Medicine: A Conference on the Treatment of Substance Use Disorders, Anaheim, CA, August 26, 2016. Lecture accessed online January 14, 2017. U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November 2016, 2-22.

# OXYCONTIN FDA APPROVED 1995, LAUNCHED 1996

## Initial Product Label

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- “Iatrogenic addiction was ‘very rare’ if opioids were legitimately used in the management of pain.”
- “Oxycodone products are common targets for both drug abusers and drug addicts. Delayed absorption, as provided by OxyContin tablets is believed to reduce the abuse liability of a drug.”
- “OxyContin tablets are to be swallowed whole, and are not to be broken, chewed, or crushed. Swallowing broken, chewed, or crushed OxyContin tablets could lead to the rapid release and absorption of a potentially toxic dose of oxycodone.”
- Sales \$45-48,000,000

Mariani, Mike. "How the American Opiate Epidemic Was Started by One Pharmaceutical Company." *The Week*. March 04, 2015. Accessed February 20, 2016. <http://theweek.com/articles/541564/how-american-opiate-epidemic-started-by-pharmaceutical-company>.

Zee, Art Van. "The Promotion and Marketing of OxyContin: Commercial Triumph, Public Health Tragedy." *American Journal of Public Health* 99, no. 2 (February 2009), 221, 224.

Pokrovnichka, Dr. Anjelina. "History of OxyContin: Labeling and Risk Management Program." Lecture, Anesthetic and Life Support Drugs and Drug Safety and Risk Management Advisory Committees, November 13, 2008.

# HOW OXYCONTIN ROSE

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- **Medical Education**
- 1996 – 2002, directly or indirectly funded more than 20,000 pain-related educational programs
- Portenoy becomes a speaker for Purdue Pharma
- Promotional materials Brochures, audiotapes, videotapes, websites
- Risk of addiction is “less than 1%”

Whoriskey, Peter. "Rising Painkiller Addiction Shows Damage from Drugmakers' Role in Shaping Medical Opinion." The Washington Post. December 30, 2012. Accessed February 24, 2016. [https://www.washingtonpost.com/business/economy/2012/12/30/014205a6-4bc3-11e2-b709-667035ff9029\\_story.html](https://www.washingtonpost.com/business/economy/2012/12/30/014205a6-4bc3-11e2-b709-667035ff9029_story.html).

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Is drug addiction a  
disease or moral failing?

# DIABETES vs ADDICTION

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## TYPE II DIABETES

- GENETIC PREDISPOSITION
- ORGAN: PANCREAS/TISSUE RECEPTORS
- TOO MUCH: GLUCOSE/ NOT ENOUGH: INSULINE
- RESULT: TISSUE RECEPTOR DOWN REGULATION
- EFFECT: GLYCEMIC INSTABILITY

## ADDICTION

- GENETIC PREDISPOSITION
- ORGAN: MID BRAIN
- TOO MUCH: DOPAMINE
- RESULT: RECEPTOR DOWN REGULATION IN BRAIN
- EFFECT: DEPRESSION / CRAVING / ADDICTION

# Prescribing Statistics 2015

## Akron Oral Maxillofacial Surgery

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- 2268 narcotic prescriptions written
- Of those, 498 were non-oxycodone/hydrocodone
- Default prescription 3rds 2015 (685 cases)
  - Percocet 5/325
  - # 30\*
  - sig: 1-2 tabs po Q 4hr prn pain

# Prescribing Statistics 2015

## Akron Oral Maxillofacial Surgery

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- Default prescription for tooth extraction
  - Percocet 5/325
  - # 20
  - sig: I-II po Q4hr prn pain



# So what...

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- 20,550 Percocet/Vicodin tabs for 15-24 year olds in 2015 (Wizzies)
- 21,700 Percocet/Vicodin tabs for other adult extractions, implants, biopsies
- 42,250 CII narcotic tabs total

# Let's extrapolate

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- 300 OMFS in Ohio according to AAOMS
- 200 are in practice
- If they prescribe as I did...
- 8,450,00 CII narcotic tabs

# Let's look at the bigger picture

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- 7,000 dentists in Ohio
- Less the OMFS, Peds and Ortho... 6,000
- If the rest prescribe at 10% of my level
  - 25,350,000 CII tabs

# Can we make our postoperative medication routine better?

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- Decrease nociception
  - Block with long acting local (Marcaine and Exparel)
  - Decrease inflammation with a NSAID
  - Use acetaminophen to it's fullest potential
- Decrease pain perception
  - Educate the patient and the family
  - Use narcotic as a rescue medication only

# Prescribing Statistics for 2017

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Default prescriptions for wizzies:

Ibuprofen 600 mg

# 20 twenty

SIG: 1 po QID until gone

PCN 250mg

#20 twenty

SIG: 1 po QID until gone

# Prescribing Statistics for 2017

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Default prescription for wizzies

OTC Extra strength acetaminophen

1 po q4hrs prn pain

Surgical Complicated:

Percocet 5mg/325mg

# 6 six

SIG: 1po q6hr prn pain after OTC acetaminophen

# Prescribing Statistics for 2017

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Tooth Extraction and Soft Tissue Surgery

OTC NSAID and acetominephen

Must request narcotic

Ultram 50 mg

# 8 eight

SIG: 1 po Q6hr prn pain

# What I found

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- Rarely have requests for refills
- Fewer calls for pain and insomnia
- Nausea calls almost nonexistent
- Parents are THRILLED



# SIGNS AND SYMPTOMS OF DRUG USE

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# Opioids

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- Slurred speech
- Poor memory
- Coordination off
- Pupils dilated or constricted
- Constipated
- Sleep patterns off
- Hostile, angry or aggressive at times
- Withdrawal from social activities
- Tooth grinding and higher decay rates

# Heroin

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- Same as Opioids
- Needle marks
- Greater chance of hepatitis, AIDS

# Cocaine

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- Dilated pupils
- Excited, talkative, confident, euphoric
- Abnormal sleep patterns
- Decreased appetite
- Increased heart rate
- Runny nose, nose bleeds
- Burned lips and fingers
- Mouth sores, grinding, increased decay rate, especially buccal
- Transient chorea, buccolingual dyskinesia

# Meth

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- No sleep for long periods
- Decreased appetite, weight loss, gaunt appearance
- Anxious, confused
- Dilated pupils
- Sweaty
- Increased blood pressure
- Skin sores
- Causes blood vessels to shrivel and die
- Dry mouth, grinding, high caries rate, especially on buccal

# Bath Salts

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- Extreme stimulant
- Increased blood pressure, heart rate and body temp
- Chest pains, kidney pains
- Muscle tension
- Nausea
- Confusion, paranoia, delusions
- Agitation, violence
- Sometimes unnatural strength

# Club Drugs-Ecstasy, Molly, MDMA

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- Stimulants that often look like colored candies
- Irregular sleeping schedule
- Lack of awareness of pain
- Increased sexual activity (falling in love)
- Dry mouth, grinding
- Anxiety, depression, confusion
- Brain damage

# Marijuana

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- Bloodshot eyes
- Lethargy, lack of coordination
- Talkative
- Increased appetite
- Memory and problem solving impairment
- Dry mouth
- Increased chance of oral or throat cancer
- Increased chance of perio disease
- Cannabinoid hyperemesis-vomiting causing enamel erosion



# Alcohol

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- Dilated blood vessels
- Odor
- Faster buildup of plaque
- Tooth decay from acid

# Adderall

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- Headache, restlessness, fatigue
- Nausea
- Dry mouth, hoarseness
- With long-term abuse-
- Numbness in limbs
- Dizziness
- Hives, peeling skin
- Chest pain
- Seizures

# Why speak up?

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- Adolescents may see Dentist more often than Physician
- Parents often in denial
- Parent may resent the implication
- Risk of Losing a patient vs Losing a patient
- You may be saving a life
- Familiarize yourself with Resources in your area to share with parents



# Additional Resources

- National Institute on Drug Abuse *drugabuse.gov*
- Substance Abuse and Mental Health Services Administration *samhsa.gov*
- National Institute on Alcohol Abuse and Alcoholism *niaaa.nih.gov*
- *MouthHealthy.org*
- *ADA.org/Opioids*
- *pcssNOW.org*

# PCSS Mentoring Program

- PCSS Mentor Program is designed to offer general information to clinicians about evidence-based clinical practices in prescribing medications for opioid use disorder.
- PCSS Mentors are a national network of providers with expertise in **addictions, pain, evidence-based treatment including medications for addiction treatment.**
- 3-tiered approach allows every mentor/mentee relationship to be unique and catered to the specific needs of the mentee.
- No cost.

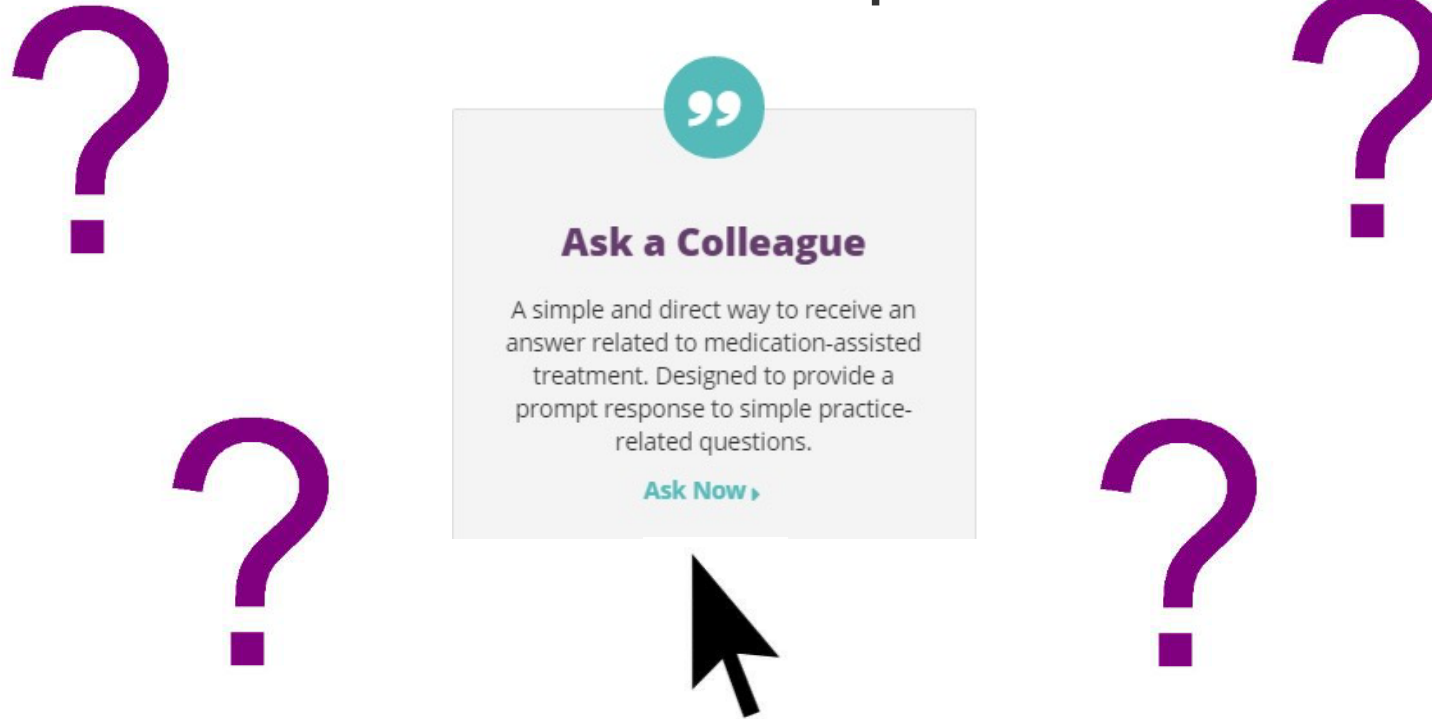
**For more information visit:**

**<https://pcssNOW.org/mentoring/>**



# PCSS Discussion Forum

Have a clinical question?



**Ask a Colleague**

A simple and direct way to receive an answer related to medication-assisted treatment. Designed to provide a prompt response to simple practice-related questions.

[Ask Now](#)

<http://pcss.invisionzone.com/register>



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**PCSS** is a collaborative effort led by the American Academy of Addiction Psychiatry (AAP) in partnership with:

|  |   |
|--|---|
| Addiction Technology Transfer Center               | American Society of Addiction Medicine  |
| American Academy of Family Physicians              | American Society for Pain Management Nursing  |
| American Academy of Pain Medicine                  | Association for Multidisciplinary Education and Research in Substance use and Addiction |
| American Academy of Pediatrics                     | Council on Social Work Education  |
| American Pharmacists Association                   | International Nurses Society on Addictions  |
| American College of Emergency Physicians           | National Association for Community Health Centers                                       |
| American Dental Association                        | National Association of Social Workers  |
| American Medical Association                       | National Council for Behavioral Health  |
| American Osteopathic Academy of Addiction Medicine | The National Judicial College   |
| American Psychiatric Association                   | Physician Assistant Education Association   |
| American Psychiatric Nurses Association            | Society for Academic Emergency Medicine   |





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## Educate. Train. Mentor



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