Guidelines Seek Tighter Opioid Therapy Control

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SCOTTSDALE, ARIZ. — Sustained opioid therapy should be prescribed only for chronic headache patients under stringent new guidelines that would exclude most headache patients, Dr. Joel R. Saper proposed at a symposium sponsored by the American Headache Society.

Dr. Saper, founder and director of the Michigan Head, Pain, and Neurological Institute in Ann Arbor, said his group revisited the outcomes of a 5-year observational study of 160 patients on daily opioid therapy for intractable headaches and found even fewer people benefited over time than had been reported in the original published manuscript (Neurology 2004;62:1687-94).

Instead of 26% cutting their pain by one-half or more as a result of opioid therapy, Dr. Saper said that "no more than 15% of those patients did well." He attributed the overestimate to "a significant disconnect between objective markers and patient perception."

Patients were less than honest about their analgesia use, he said. Even though the program was tightly controlled, he added, the investigators determined that about half of the patients had continuing increases in their opioid doses.

Further, a more recent study, he continued, revealed that most patients on opioid therapy have behavioral disturbances.

Dr. Saper and his colleagues reviewed 267 consecutively admitted patients, of whom 76% were discharged with moderate to significant pain control. Opioid use was highest in patients with borderline, narcissistic, and antisocial personality disorders as defined under Axis II, Cluster B of the Diagnostic and Statistical Manual of Mental Disorders IV.

"Headache patients who obtain opioids are different," he said, describing them as being more likely to have Axis II disorders and, in many cases, unwilling or unable to stop taking opioids even if their headaches do not lessen with therapy. Some patients, he added, use the prescribed opioid as a medication for something other than pain, such as relief of anxiety.

"Opioids make borderline patients angrier and more combative," Dr. Saper

In many cases, he acknowledged, physicians prescribe opioids against their better judgment. "I believe that the behavior of the patient more than the pain itself often



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DR. SAPER

drives the doctor to give them opioids—if nothing else, to simply quiet them down,"

To help physicians say "no" to such patients, Dr. Saper offered conservative guidelines that he developed in collaboration with Alvin E. Lake, Ph.D. (Headache Curr. 2006;3:67-70).

Headache patients would have to meet all four of the following criteria to be eligible for opioid therapy:

- 1. Older than age 50 years.
- 2. Convincing moderate to severe pain occurring daily or almost daily with recognizable impairment.
- 3. Visited the physician at least four times over 3 months to ensure familiarity before the first opioid prescription is written.
- 4. A history of being compliant and trustworthy in use of medication.

In addition, Dr. Saper said, patients must meet one or more of the following criteria: (1) a history of failing to respond to multiple appropriate treatments, (2) pregnancy threatened by headache, or (3) significant confounding disease or treatment that aggravates headache or limits treatment.

Moreover, he said, chronic headache patients should be disqualified from receiving opioid therapy if they have a moderate to severe Axis I diagnosis; past or current addictive disease (with the exception of a "nondrinking rehabilitated alcoholic"); any Axis II, Cluster B personality disorder; or moderate to severe somatoform or histrionic features.

Finally, opioid-treated patients must be seen frequently to ensure they are not abusing their medication. "If you start them, you had better be willing and able to monitor and stop them," he said.

MISUSE OF AMPHETAMINE MAY CAUSE SUDDEN DEATH AND SERIOUS CARDIOVASCULAR ADVERSE EVENTS.

6 to 12, one controlled trial in adolescents aged 13 to 17, and one controlled trial in adults who met DSM-IV® criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL®, the immediate-release formulation of this substance. CONTRAINDICATIONS

Serous Cardiovascular Yellis
Sudden Death and Pre-existing Structural Cardiac Abnormalities or Other Serious Heart Problems
Children and Adolescents
Sudden death has been reported in association with CNS stimulant treatment at usual doses in children and adolescents with
structural cardiac abnormalities or other serious heart problems. Although some serious heart problems alone carry an increaser
isk of sudden death, stimulant products generally should not be used in children or adolescents with known serious structural
cardiac abnormalities, cardiomyopathy, serious heart rightm abnormalities, or other serious cardiac problems that may place
them at increased vulnerability to the sympathonimientic effects of a stimulant drug (see CONTRAINDICATIONS).

n deaths, stroke, and myocardial infarction have been reported in adults taking stimulant drugs at usual doses for ADHD. In the role of stimulants in these adult cases is also unknown, adults have a greater likelihood than children of having serious

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commodation and blurring of vision have been reported with stimulant treatment

patients with prior EEG abnormalities in absence of seizures, and very rarely, in patients without a history of seizures and no prior EEG evidence of seizures. In the presence of seizures, the frug should be discontinued.

Visual Disturbance

Difficulties with accommodation and blurring of vision have been reported with stimulant treatment.

Beneral: The least amount of amphetamine feasible should be prescribed or dispensed at one time in order to minimize the general: The least amount of amphetamine feasible should be used with audition in patients who use other sympathomimetic drugs.

Ties: Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications. Information for Patients: Amphetamines may impair the ability of the patient to engage in potentially hazardous activities such soperating machinery or verbicies; the patient is hould therefore be cautioned accordingly.

Drug interactions: Acidifying agents—Gastrointestinal acidifying agents—These agents (ammonium chioride, sodium acid phosphate, etc.) increase the concentration of the minutes species of the amphetamines. Minute acid phosphate, etc.) increasing urinary inhibited by amphetamines. Administration of ADDERALL XR* and gastrointestinal acidifying agents—such as a strategies of the amphetamines. Administration of ADDERALL XR* and gastrointestinal acidimizing agents, such as antacids, should be avoided. Urinary alkalinizing agents—accessoration of amphetamines. Administration of ADDERALL XR* and gastrointestinal acidimizing agents, such as antacids, should be avoided. Urinary alkalinizing agents (acetaloamine), some time access and acces

re are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony printy, tracheo-esophageal fistula, and anal atresia (vater association) in a baby born to a woman who took dextroamphet-ne sulfate with lovastain during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if potential benefit justifies the potential risk to the fetus. Interategenic Effects: Infants born to mothers dependent on amphetamines have an increased risk of premature delivery and birth weight. Also, these infants may experience symptoms of withdrawal as demonstrated by dysphoria, including ation, and significant lassitude.

s years of age. Geriatric Use: ADDERALL XR® has not been studied in the geriatric population.

The following adverse reactions have been associated with the use of amphetamine, ADDERALL XR®, or ADDERALL®. Cardiovascular. Palpitations, tachycardia, elevation of blood pressure, sudden death, myocardial infarction. There have been isolated reports of cardiomyopathy associated with chronic amphetamine use. Central Nervous System: Psychotic episodes at recommended doses, overstimulation, restlessness, dizziness, insomnia, euphoria, dyskinesia, dysphoria, depression, tremor, headache, exacerbation of motor and phonic tics and Tourette's syndrome, seizures, stroke. Gastrointestinal: Dryness of the mouth, unpleasant taste, diarrhea, constipation, other gastrointestinal disturbances. Anorexia and weight loss my occur as undesirable effects.

Table 1 Adverse Events Reported by More Than 1% of Pediatric Patients Receiving ADDERALL XR° with Higher Incidence Than on Placebo in a 584 Patient Clinical Study

Body System Preferred Term ADDERALL XR° Placebo (n=374) (n=210)

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General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive	Loss of Appetite	22%	2%
System	Diarrhea	2%	1%
	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Vervous System	Dizziness	2%	0%
	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

Table 3 Adverse Events Reported by 5% or More of Adults Receiving ADDERALL XR* with Higher Incidence Than on Placebo in a 255 Patient Clinical Forced Weekly-Dose Titration Study*

Body System Preferred Term ADDERALL XR* Placebo

Urogenital System Urinary Tract Infection

See USP Controlled nooll reinperature].

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