THE OPIOIDS: WHY DO WE NEED ALTERNATIVES?

Marie Eaton
Director, Palliative Care Institute
Palliative Care Institute Spring Conference 2018
Promising Alternatives to the Opioids
Pain Relief
Drug threat to jail tears city cocaine

Drug use on the rise, police

Heroin use on the rise, police

Drug markets rule social services

Addicts fall through social services

City drug market
As many as 1 in 4 people receiving prescription opioids long term in a primary care setting struggles with addiction.
Opiate Withdrawal Timeline

- **Last Dose**
- Symptoms begin 6-12 hours after the last dose of Short-Acting Opiates.
- Symptoms begin 30 hours after the last dose of Long-Acting Opiates.
- Symptoms peak at 72 hours.

**Symptoms Peak**
- Nausea
- Vomiting
- Stomach Cramps
- Diarrhea
- Goosebumps
- Depression
- Drug Cravings
Overdose Deaths Involving Opioids, United States, 2000-2015

- **Any Opioid**
- **Commonly Prescribed Opioids** (Natural & Semi-Synthetic Opioids and Methadone)
- **Heroin**
- **Other Synthetic Opioids** (e.g., fentanyl, tramadol)

Deaths per 100,000 population

91 Americans die every day from an opioid overdose (that includes prescription opioids and heroin).
More than 40 PEOPLE die every day from overdoses involving prescription opioids.
Whatcom County deaths from opioids increased by almost 23% from 2002-2013.
