Prescription Drug Abuse

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Prescription Drug Abuse is the use of a prescription medication, controlled or non-controlled, in a manner not intended by the prescribing doctor.
Commonly Abused Medications

**OPIOIDS:** Derived from the opium poppy, or synthetic versions of it, and used for pain relief.

**BENEZODIAZEPINES:** Central nervous system depressants used as sedatives, to induce sleep, prevent seizures, and relieve anxiety.

**AMPHETAMINE LIKE DRUGS:** Central nervous system stimulants used to treat Attention Deficit Hyperactivity Disorder (ADHD).
Prescription Drug Abuse has always been around: “Grand Daddy Of All Drug Abuse”.

Is the Nation’s fastest growing drug problem and has been classified as an epidemic.

In 2010, 38,329 unintentional drug overdose deaths occurred in the United States, increase for 11\textsuperscript{th} consecutive year; one person dies every 14 minutes\textsuperscript{1}. 22,134 were prescription drug overdose deaths, of which opioid pain relievers were involved in 16,651 deaths (75.2 \%)\textsuperscript{1}.

Enough prescription pain relievers were prescribed in 2010 to medicate every American adult every four hours for a month\textsuperscript{1}.

Opioid pain relievers were involved in more overdose deaths than cocaine and heroin combined\textsuperscript{1}.

\textsuperscript{1}SOURCE: CDC, 2010 Drug Overdose Deaths In The United States; October 2012
CDC, Pharmaceutical Overdose Deaths, United States, 2010; February 20, 2013 (Update)
Prescription drug epidemic?
How did we get to this point?
Industry is producing a wider variety of controlled substance pharmaceuticals and practitioners are prescribing more.

Use of Medicare / Medicaid or insurance to fund drug habits.

Information / Electronic Era.

Belief that a pill will solve all of our ailments.
The Fifth New Vital Sign???

- Temperature
- Heart Rate
- Blood Pressure
- Respiration
- PAIN
## Top 25 U.S. Pharmaceuticals by Dispensed Prescriptions*

<table>
<thead>
<tr>
<th>Dispensed Prescriptions Mn</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total U.S. Market</strong></td>
<td>3,870</td>
<td>3,953</td>
<td>3,997</td>
<td>4,028</td>
<td>4,078</td>
</tr>
<tr>
<td>1  hydrocodone/paracetamol</td>
<td>125.5</td>
<td>129.4</td>
<td>132.1</td>
<td>136.7</td>
<td>135.3</td>
</tr>
<tr>
<td>2  levothyroxine sodium</td>
<td>98.8</td>
<td>100.2</td>
<td>103.2</td>
<td>104.7</td>
<td>107.5</td>
</tr>
<tr>
<td>3  lisinopril</td>
<td>77.2</td>
<td>83.0</td>
<td>87.6</td>
<td>88.8</td>
<td>90.8</td>
</tr>
<tr>
<td>4  simvastatin</td>
<td>68.0</td>
<td>84.1</td>
<td>94.4</td>
<td>96.8</td>
<td>86.1</td>
</tr>
<tr>
<td>5  metoprolol</td>
<td>79.7</td>
<td>76.9</td>
<td>76.6</td>
<td>76.3</td>
<td>78.1</td>
</tr>
<tr>
<td>6  amlodipine</td>
<td>46.0</td>
<td>52.1</td>
<td>57.8</td>
<td>62.5</td>
<td>66.0</td>
</tr>
<tr>
<td>7  omeprazole</td>
<td>35.8</td>
<td>45.6</td>
<td>53.5</td>
<td>59.4</td>
<td>65.7</td>
</tr>
<tr>
<td>8  metformin</td>
<td>51.6</td>
<td>53.8</td>
<td>57.0</td>
<td>59.1</td>
<td>61.6</td>
</tr>
<tr>
<td>9  salbutamol</td>
<td>50.1</td>
<td>54.5</td>
<td>55.1</td>
<td>56.9</td>
<td>61.5</td>
</tr>
<tr>
<td>10 atorvastatin</td>
<td>58.5</td>
<td>51.7</td>
<td>45.3</td>
<td>43.3</td>
<td>54.9</td>
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<tr>
<td>11 azithromycin</td>
<td>51.9</td>
<td>54.7</td>
<td>53.6</td>
<td>56.2</td>
<td>54.5</td>
</tr>
<tr>
<td>12 amoxicillin</td>
<td>51.3</td>
<td>52.8</td>
<td>52.4</td>
<td>53.8</td>
<td>52.0</td>
</tr>
<tr>
<td>13 alprazolam</td>
<td>43.3</td>
<td>45.3</td>
<td>47.7</td>
<td>49.1</td>
<td>49.2</td>
</tr>
<tr>
<td>14 hydrochlorothiazide</td>
<td>48.5</td>
<td>47.9</td>
<td>47.8</td>
<td>48.1</td>
<td>47.7</td>
</tr>
<tr>
<td>15 zolpidem</td>
<td>39.1</td>
<td>42.7</td>
<td>43.7</td>
<td>44.6</td>
<td>43.8</td>
</tr>
<tr>
<td>16 furosemide</td>
<td>44.4</td>
<td>43.8</td>
<td>43.6</td>
<td>42.3</td>
<td>41.9</td>
</tr>
<tr>
<td>17 fluticasone</td>
<td>24.2</td>
<td>28.0</td>
<td>32.8</td>
<td>36.7</td>
<td>41.4</td>
</tr>
<tr>
<td>18 sertraline</td>
<td>33.7</td>
<td>34.8</td>
<td>36.2</td>
<td>37.6</td>
<td>39.2</td>
</tr>
<tr>
<td>19 citalopram</td>
<td>22.6</td>
<td>27.3</td>
<td>32.2</td>
<td>37.8</td>
<td>38.9</td>
</tr>
<tr>
<td>20 gabapentin</td>
<td>22.5</td>
<td>25.7</td>
<td>29.6</td>
<td>33.4</td>
<td>38.0</td>
</tr>
<tr>
<td>21 tramadol</td>
<td>23.3</td>
<td>25.5</td>
<td>28.0</td>
<td>33.9</td>
<td>37.3</td>
</tr>
<tr>
<td>22 oxycodone/paracetamol</td>
<td>33.5</td>
<td>36.0</td>
<td>36.3</td>
<td>37.3</td>
<td>36.6</td>
</tr>
<tr>
<td>23 prednisone</td>
<td>27.1</td>
<td>27.8</td>
<td>28.7</td>
<td>33.7</td>
<td>34.0</td>
</tr>
<tr>
<td>24 warfarin</td>
<td>34.9</td>
<td>35.7</td>
<td>35.6</td>
<td>33.9</td>
<td>33.8</td>
</tr>
<tr>
<td>25 ibuprofen</td>
<td>28.5</td>
<td>30.3</td>
<td>31.1</td>
<td>32.6</td>
<td>33.4</td>
</tr>
</tbody>
</table>

*Source: IMS Health, National Prescription Audit Updated March 22, 2013*
In 2013, there were 230 million prescriptions for opioids. This represents about a 5% drop from a year earlier when 241 million were written.
In 2012, 23.9 million Americans aged 12 or older were current (past month) users of illicit drugs.

6.8 million used prescription-type psychotherapeutic drugs (any pain relievers, tranquilizers, stimulants or sedatives) for non-medical purposes in a one-month period.


SOURCE: 2012 National Survey on Drug Use and Health (NSDUH) published September 03, 2013 by the Dept of HHS/ Substance Abuse and Mental Health Services Administration (SAMHSA)
In 2012, there were 2.4 million persons aged 12 or older who used psychotherapeutics non-medically for the first time within the past year, which averages to around 6,700 initiates per day.

Non-medical use of prescription-type drugs is second only to marijuana.

SOURCE: 2012 National Survey on Drug Use and Health (NSDUH) published September 03, 2013 by the Dept of HHS/Substance Abuse and Mental Health Services Administration (SAMHSA)
Figure 2.1 Past Month Illicit Drug Use among Persons Aged 12 or Older: 2012

- Illicit Drugs\(^1\): 23.9
- Marijuana: 18.9
- Psychotherapeutics: 6.8
- Cocaine: 1.6
- Hallucinogens: 1.1
- Inhalants: 0.5
- Heroin: 0.3

\(^1\) Illicit Drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used nonmedically.

SOURCE: 2012 National Survey on Drug Use and Health (NSDUH) published September 03, 2013 by the Dept of HHS/ Substance Abuse and Mental Health Services Administration (SAMHSA)
2011 Current Users (Past Month) 2012

ANY ILLICIT DRUG:
- 22.5 million

MARIJUANA: 18.1 million

PSYCHOTHERAPEUTIC DRUGS: 6.1 million

COCAIN: 1.4 million

Methamphetamine: 439,000

Heroin: 281,000

Source: 2011 & 2012 NSDUH

ANY ILLICIT DRUG:
- 23.9 million

MARIJUANA: 18.9 million

PSYCHOTHERAPEUTIC DRUGS: 6.8 million

COCAIN: 1.6 million

Methamphetamine: 440,000

Heroin: 335,000
1 in 4 teens (24 percent) reports having misused or abused a prescription drug at least once in their lifetime (up from 18 percent in 2008 to 24 percent in 2012), which translates to about 5 million teens. 33 percent increase over 5 year period.

1 in 5 (20 percent) abused before age 14.

27 percent mistakenly believe that using prescription drugs are “safer” than illicit drugs.

33 percent believe “it’s okay to use prescription drugs not prescribed to them.”

23 percent believe parents don’t care if caught using.

Drugs of Concern

- Hydrocodone (Schedule III)
- Oxycodone/OxyContin® (Schedule II)
- Oxymorphone/Opana® (Schedule II)
- Xanax®/Alprazolam (Schedule IV)
- Methadone (Schedule II)
- Fentanyl (Schedule II)
- Adderall® (Schedule II)
- Cough Syrup (Schedule V)
- Carisoprodol/Soma® (Schedule IV)
- Hydromorphone (Schedule II)
- Suboxone (Schedule III)
According to the 2012 International Narcotics Control Board Reported Statistics On Narcotic Drugs, which was released in 2013 and contained 2011 data:

- Global Consumption of hydrocodone was 43 ton in 2011, with the U.S. accounting for more than 99 percent of the world total.

- Global Consumption of oxycodone was 81.6 tons in 2011, with the U.S. accounting for 81 percent of the world total.

- Most Prescribed: Hydrocodone

- Most Abused: Oxycodone
**Cocktails**

Common identification of pattern of abuse by physicians and users: “Pill Mills”

Maximizes effect of narcotic abuse-Opiate

Preferred Prescriptions- “Holy Trinity” or “Trinity”
- Schedule II and III narcotics (OxyContin®, Vicodin®)
- Schedule IV Benzodiazepines (Xanax®, Valium®)
- Scheduled IV Muscle Relaxant/Sedative (Soma®)
- Non-Controlled Opioid Analgesic-Tramadol (Ultram®) substituted for Schedule II/III narcotic
- Non-Controlled Muscle Relaxant- Flexeril substituted for Schedule IV
Circle of Addiction

Hydrocodone (Vicodin®, Lortab®, Lorcet®)

Oxycodone (Percocet®, Percodan®, Roxicodone®)

OxyContin®

OPANA

Heroin
Figure 2.4 Past Month and Past Year Heroin Use among Persons Aged 12 or Older: 2002-2012

+ Difference between this estimate and the 2012 estimate is statistically significant at the .05 level.

SOURCE: 2012 National Survey on Drug Use and Health (NSDUH) published September 03, 2013 by the Dept of HHS/ Substance Abuse and Mental Health Services Administration (SAMHSA)