



Optometric Education Consultants

Treatment of Pain Opioid Choices and Issues for Patient and Practitioner

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Southwest Optometric Society
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2

Disclosures- Greg Caldwell, OD, FAO

All relevant relationships have been mitigated

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3

My Practice



I am a clinician first then a scientist

- Some are scientists first then clinician
- I need to simplify for patient and patient care.
- Science is great, but not good if there isn't a clinical application.
- Some lectures are science based without clinical application.
- My lecture will be a hybrid. Showing clinical applications of the science

It is wonderful to have someone who's juggling so many aspects of optometry [scientific, clinical experience, teacher & lecturer]. It is refreshing and very informative. -Sarah

4

Agenda

- The opioid crisis
- Pain definition
- Pathways of pain and the receptors
- Types of pain
- Grading pain – pain scales
- The opioids – opioids, semisynthetic, and synthetic
- Formulation changes to help prevent ease of abuse
- Allergies to opioids and the alternatives
- Opioid adverse drug reactions
- Opioid antagonists
- Tolerance
- True Addiction
- Alternatives or additions to opioids
- Ocular cases where opioids were used
- Questions and answers

5

NIH: National Institute on Drug Abuse

As of March 2018

- Every day, more than 115 people in the United States die after overdosing on opioids
- The misuse of and addiction to opioids
 - Prescription pain relievers, heroin, and synthetic opioids such as fentanyl
- Serious national crisis that affects public health as well as social and economic welfare
- The Centers for Disease Control and Prevention estimates that the total "economic burden" of prescription opioid misuse alone in the United States is \$78.5 billion a year
 - Including the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement

6

What do we know about the opioid crisis?

NIH: National Institute on Drug Abuse (March 2018)

- Roughly 21 to 29 percent of patients prescribed opioids for chronic pain misuse them
- Between 8 and 12 percent develop an opioid use disorder
- An estimated 4 to 6 percent who misuse prescription opioids transition to heroin
- About 80 percent of people who use heroin first misused prescription opioids
- Opioid overdoses increased 30 percent from July 2016 through September 2017 in 52 areas in 45 states
- The Midwestern region saw opioid overdoses increase 70 percent from July 2016 through September 2017
- Opioid overdoses in large cities increase by 54 percent in 16 states

7

What are HHS and NIH doing about it?

- In the summer of 2017, NIH met with pharmaceutical companies and academic research centers to discuss:
 - Safe, effective, non-addictive strategies to manage chronic pain
 - New, innovative medications and technologies to treat opioid use disorders
 - Improved overdose prevention and reversal interventions to save lives and support recovery

8

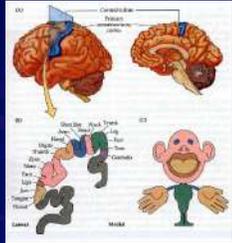
Pain

- Pain is very important to our survival
- Pain is defined as the perception of a noxious (harmful) stimulus
- Pain can also occur in the absence of injury or long after an injury has healed
- Pain provides humans with information about:
 - Tissue-damaging stimuli
 - Thus enables them to protect themselves from greater damage
- Pain is protective in two ways:
 - It removes a person from stimuli that cause tissue damage through withdrawal reflexes
 - Learning associated with pain causes the person to avoid stimuli that previously caused pain
- Pain often initiates the search for medical assistance and helps us to pinpoint the underlying cause of disease

9

Somatosensory System

- Diverse sensory system composed of the receptors and processing centers to produce the sensory modalities:
 - Touch
 - Temperature
 - Proprioception (body position)
 - Nociception (pain)
- The system reacts to diverse stimuli using different receptors
 - Thermoreceptors
 - Nociceptors
 - Mechanoreceptors
 - Chemoreceptors



10

Pain

- Pain is an unpleasant sensory experience associated with actual or potential damage to the body, or perception of such damage. It is a subjective experience
- Subjective experience
- Memories of events associated with extreme pain persist for a long time
- Mental state is known to have a powerful influence over pain
 - An athlete may not notice a twisted ankle until after the competition is over.
 - Soldiers in battle often continue to fight even after sustaining serious injury, and they may report afterwards that they experienced no pain until after battle
- The scientific explanation for this phenomenon is that the brain not only receives pain messages, but also has a descending system of neurons that suppresses pain messages

11

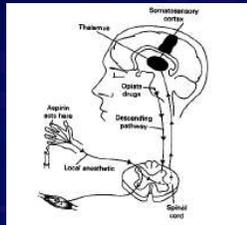
Pharmacology of Pain Management

- Peripheral acting agents
 - Prevent sensitization of receptors to substance P
 - Example: NSAIDs, ibuprofen
- Signal inhibiting agents
 - Prevent pain signal from travelling to cortex
 - Example: Anesthetics, proparacaine
- Central acting agents
 - Act on pain perception centers in the cortex (CNS)
 - Example: opioids/narcotics

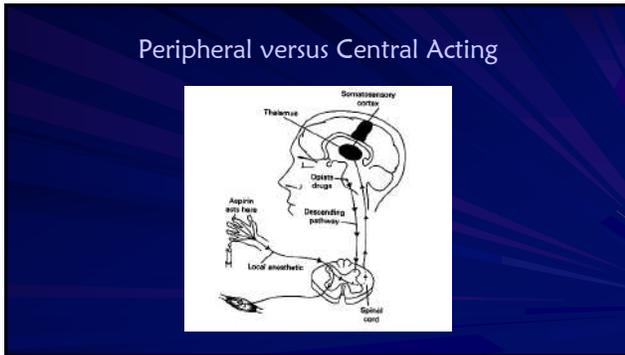
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Descending Pathway

- This system inhibits cells in the spinal cord that transmit pain signals
- A pathway for natural pain modulation
- Opioids that occur naturally such as the endorphins are important neurotransmitters in some of these descending pathways



13



14



15



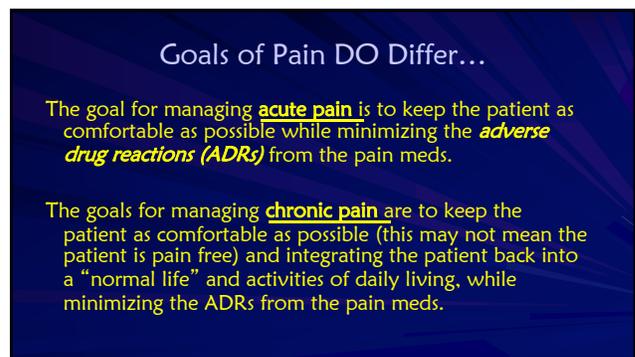
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17



18



19

Pain Assessments and Scales

- ~ Adds objective data to a patient's feeling of pain
 - * It is a subjective problem to assess!
 - * Remember...no patient should needlessly suffer!
- ~ "Does the injury or wound or diagnosis fit the patient's presentation?"
 - * It is important to be able to assess the degree of pain in a patient.

20

Combination Pain Scale...

Verbal Descriptor Scale	Wong-Baker Facial Grimace Scale
0 No pain	0 No pain
1-3 Mild pain	1-3 You feel some pain or discomfort but you can still complete most activities.
4-6 Moderate pain	4-6 The pain makes it difficult to concentrate and may interfere with your ability to do certain normal activities, such as reading, watching TV, having a phone conversation, etc.
7-9 Severe pain	7-9 The pain is quite intense and is causing you to avoid or limit physical activity.
10 Very severe pain	10 Worst pain possible. Control concentrate on anything except pain.

21



22

Drug Treatment Options... Nociceptive Pain

Groups of analgesics

- * Non-opioids
 - Acetaminophen (Tylenol)
 - NSAIDs (Ibuprofen, naproxen sodium)
 - Glucocorticosteroids (methylprednisolone, prednisone)
- * Opioids
 - Codeine (Tylenol with codeine)
 - Hydrocodone (Vicodin)
 - Tramadol (Ultram)

23

Controlled Substance Schedules

Schedule I – not considered to be medically necessary, research only

- * Heroin
- * "Medical" Marijuana
 - State control of marijuana and CBD
- * LSD
- * Mushrooms
- * Ecstasy

Schedule II – more likely to be abused (as compared to Schedule III, IV, V)

- * Opioids, AKA "Narcotics"
 - Oxycodone (OxyContin)
 - Hydrocodone (Vicodin, Lorcet, Norco)
 - Morphine (MSContin, MSIR)
 - Hydromorphone (Dilaudid)
 - Methadone
 - Fentanyl (Duragesic)
- * ADD/ADHD meds:
 - Methylphenidate (Ritalin)
 - Mixed amphetamine salts (Adderall)

24

Controlled Substance Schedules

Schedule III - Safer, less likely to be abused (as compared to Schedule II)

- * Combination products with APAP or ASA (codeine)
- * Esketamine – nasal spray for treatment resistant depression

Schedule IV - Safer, less likely to be abused (as compared to Schedule II and III)

- * Tramadol (Ultram)
- * Benzodiazepines (lorazepam, diazepam, oxazepam)
- * Sleep agents (zolpidem, etc.)

Schedule V - safest, least likely to be abused

- * Expectorants with codeine

25

State-By-State Restriction

- ~ Marijuana
 - * Still considered to be "C1" or "Schedule I"
 - * Federal government "ignores" it
- ~ Hydrocodone products
 - * C3 to C2 as of 2014
 - * "hydrocodone exception"
 - NJ, etc.

26

Opioids "narcotics"

- ~ Mainstay of therapy for the treatment of pain
- ~ NO maximum daily dose limitation
- ~ Useful for acute and chronic pain
- ~ They mimic the actions of endogenous opioid compounds:
 - * Enkephalins, dynorphins, endorphins

27

Mechanisms of Action

- * Relieve pain and induce euphoria by binding to the opioid receptors (mu, kappa, delta) in the brain and spinal cord:
 - Mu, kappa, delta receptors in other places = ADRs
 - Mu: analgesia, euphoria, miosis, sedation, constipation, respiratory depression, addiction
 - Kappa: analgesia, diuresis, sedation, miosis, dysphoria, psychomimetic effects, respiratory depression, constipation
 - Delta: analgesia

Opioid Receptor Class	Effects
Mu	Analgesia, respiratory analgesia, miosis, sedation, euphoria, respiratory depression, addiction
Kappa	Analgesia, diuresis, sedation, miosis, dysphoria, psychomimetic effects, respiratory depression, constipation
Delta	Analgesia

28

Mu, Delta, and Kappa Receptors

29

OPIOIDS IN THE BODY

30

	mu (μ, MOP or OP2)	delta (δ, DOP or OP2)	kappa (κ, KOP or OP1)
Endogenous peptides			
β-endorphin	++	+++	-
Leu-enkephalin	++	+++	-
Met-enkephalin	++	+	+++
Dynorphin	++	+	+++
Opiate drugs			
Pure agonists			
Morphine, codeine, oxycodone, dextropropoxyphene	+++	+	+
Meperidine	+++	-	-
Pethidine	++	+	+
Etorphine, buprenorphine, fentanyl, sufentanil	+++	+	+++
Opiate drugs			
Partial/mixed agonists			
Pentazocine, ketocyclazocine	X	+	++
Nalbuphine	X	+	(++)
Naloxone	XX	-	(++)
Buprenorphine	(+++)	-	XX
Antagonists			
Naloxone	XXX	X	XX
Naltrexone, diprenorphine	XXX	X	XXX

++ agonist activity; (+) partial agonist activity; X, antagonist activity; - weak or no activity

31

Oxycodone Products

- ⚡ **Long-Acting, Extended-Release**
 - * OxyContin
- ⚡ **Immediate Release; short-acting tablets**
 - * OxyIR (IR cap)
 - * Roxicodone solution
- ⚡ **Combination with acetaminophen**
 - * Percocet and Endocet (oxycodone/APAP dose)
- ⚡ **Take 1 – 2 tablets by mouth every 4 to 6 hours as needed for pain**
 - * Not to exceed 3 grams of APAP per day

38

Oxycodone Products

- ⚡ **Percodan (oxy + asa) – no one uses this product**
- ⚡ **Percocet**
 - * Oxycodone is combination with acetaminophen
 - * Various strengths
- ⚡ **30mg PO morphine = 20mg PO oxycodone**

39

Hydrocodone Products

- ⚡ **As of August 2014, hydrocodone products are ALL CII**
 - * Moved from schedule III to schedule II
- ⚡ **Immediate-Release Products**
 - * **Hydrocodone 7.5 mg + IBU 200 mg**
 - Vicoprofen
 - * **Hydrocodone + acetaminophen:**
 - Vicodin = 5/300; 7.5/300; 10/300
 - Lortab = 2.5/300, 5/300, 7.5/300, 10/300
 - Norco = 5/325, 7.5/325, 10/325
- ⚡ **Take 1 – 2 tabs/caps every 4 – 6 hours as needed for pain**
 - * Not to exceed 3 grams of APAP per day
- ⚡ **30mg PO morphine = 20mg PO hydrocodone**

40

Tramadol – another great choice

- Tramadol (Ultram) tabs**
Tramadol with 325 mg APAP (Ultracet), Tramadol ER tabs
- ⚡ tramadol (50 – 100 mg q 4 – 6 hours; do not exceed 400 mg/day)
- * **Dual action: mu receptors & inhibits neuronal uptake of serotonin & norepinephrine**
- * **Lowers seizure threshold; increases serotonin levels**
 - Watch drug interactions with other meds that ↑ serotonin
 - Selective serotonin reuptake inhibitors (SSRIs); fluoxetine/Prozac
 - Migraine meds ("triptans"); sumatriptan/Imitrex
- * **Not controlled**
 - AS OF AUGUST 2014, NOW A C4 (Schedule IV)
 - "tramies" = abuse potential; helps decrease withdrawal symptoms

41

Miscellaneous

- ⚡ **Fentanyl Patch (Duragesic)**
 - * **MOST potent opioid**
 - * **Black Box Warning** against use in acute pain and in opioid naïve patients
- ⚡ **Meperidine (Demerol)**
 - * **ACTIVE metabolites = undesirable**
- ⚡ **Methadone**
 - * Typically reserved for morphine/codeine allergic patients

42

Methadone tidbits...

- ⚡ **Chronic pain or opioid abuse deterrent**
- ⚡ **2-phase elimination**
 - * Alpha phase = 8 hrs
 - Offers pain control
 - * Beta phase = 16+ hrs
 - Mitigates withdrawal symptoms
- ⚡ **Patient 1: On a short-acting pain med = likely being used to treat chronic pain**
 - * Twice per day dosing
- ⚡ **Patient 2: On methadone ONLY; lower doses**
 - * Once daily dosing

43

Analgesic Medications in Pregnancy

- ☞ Acetaminophen (Tylenol)
 - * Analgesic of choice in pregnancy
- ☞ NSAIDs should generally be avoided in pregnancy
 - * Despite Category B
 - * Miscarriage risk in first trimester
 - ☐ Ibuprofen
 - * Second trimester use is likely safe
 - ☐ Ibuprofen
 - * Third trimester avoid ALL NSAIDs
 - ☐ Premature Ductus Arteriosus closure in third trimester
- ☞ Opioids should be avoided in pregnancy unless there is no viable alternative
 - * First trimester use is associated with heart defects and spina bifida

44

Opioid Allergies

- ☞ If a patient states "codeine allergic" ask appropriate questions
 - * "You have indicated that you have an allergy to codeine, can you describe what happens when you take codeine?"
- ☞ If a patient is truly allergic to codeine
 - * Most likely allergic to morphine, hydromorphone, oxycodone, hydrocodone, and tramadol
- ☞ And...if they had an opioid IV after surgery, then their "reaction" may have been due to histamine release
 - * NOT always an allergic reaction



45

Opioid Allergies

- ☞ Do you know what a patient can take if true codeine allergy?
 - ☐ Fentanyl
 - ☐ Methadone
 - ☐ Meperidine
- ☞ Assessing "allergies" appropriately helps practitioner sort through Actual allergy potential and "placebo allergies"
 - ☐ Fear versus drug seeking

46

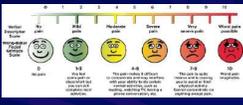


47

Specific Medications Using Numeric Pain Scale

Mild pain = 1 – 3

- ☞ Acetaminophen (APAP; Tylenol)
- ☞ Ibuprofen (Advil, Motrin)
- ☞ Naproxen sodium (Aleve)
- ☞ Tramadol (Ultram) - low dose



Moderate pain = 4 – 6

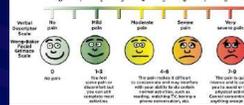
- ☞ Tramadol (Ultram) – mid to high dosing
- ☞ Tylenol with codeine (Tylenol #3)
- ☞ Acetaminophen with oxycodone (Percocet)
- ☞ Acetaminophen with hydrocodone (Vicodin) – lower dosing

48

Specific Medications Using Numeric Pain Scale

Severe pain = 7 – 10

- ☞ Tylenol with hydrocodone
 - * Vicodin, etc. – higher doses
- ☞ Tylenol with oxycodone
 - * Percocet, etc. – higher doses
- ☞ Morphine (MSIR)
- ☞ Hydromorphone (Dilaudid)
- ☞ Fentanyl (Duragesic patch; Actiq lozenge on a stick)



49

“Ceiling Effect”

- ~ Commonly used when discussing *analgesics*
- ~ Phenomenon in which a drug reaches a maximum effect
 - * Increasing the drug dosage does not increase its effectiveness
- ~ Central Nervous System Agents
 - * No ceiling effect
 - * Part of the problem
- ~ Peripheral Nervous System Agents
 - * Has a ceiling effect

50

Tolerance

- ~ Escalation of dose to maintain effect
 - * Analgesia or euphoria
 - * Happens to everyone
- ~ Regarding euphoria = may be life threatening because respiratory depression does not show much tolerance

51

Opioid Effects/ADRs

- ~ CONSTIPATION-anticipate it!
 - * All patients should receive a stool softener + stimulant
 - * Combo: docusate + senna/Senna+S
- ~ Sedation
- ~ Euphoria – mu receptors
- ~ Dysphoria/Hallucinations – kappa receptors
- ~ Pruritis – allergy versus normal release of histamine
- ~ Nausea/vomiting
 - * Triggers CTZ
 - * Codeine “allergy”

52

Opioid Effects/ADRs

- ~ Confusion
- ~ Miosis
- ~ Respiratory depression
 - * This is what kills a patient
 - * **Mixing opioids with other CNS depressants**
 - ☐ Alcohol
 - ☐ Benzodiazepines
 - ☐ Muscle relaxers
 - ☐ Sleep agents
 - ☐ Antihistamines
 - ☐ Anti-seizure medications



53

Opioid Effects/ADRs

- ~ Withdrawal symptoms:
 - * Short half-life agents are more likely to cause abrupt withdrawal symptoms
 - * Sweating
 - * High sympathetic tone: increase in heart rate and blood pressure, mydriasis
 - * Agitation
 - * Irritation
 - * Irrational behavior
 - * Symptoms disappear with (immediate) use of an opioid

54

Respiratory Affects

- ~ Inhibition of cough reflex
- ~ Respiratory depression
 - * This is what kills a patient
 - * **Important to make sure that the patient doesn't**
 - ☐ Increase dose on their own
 - ☐ Add another CNS depressant with it!

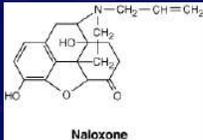
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Overdosing

- ⌚ Opioid antagonists
- ⌚ **Naloxone (Narcan) & Naltrexone (ReVia)**
- * Used to treat opioid overdose



Morphine



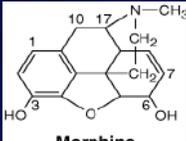
Naloxone

56

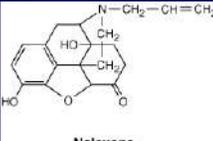
Opioid Antagonist

Naloxone (Narcan) & Naltrexone (ReVia)

- * Used to treat opioid overdose



Morphine



Naloxone

57

Mixed Opioid Agonist-Antagonist For the Treatment of Abuse/Addiction

- ⌚ Exhibit partial agonist or antagonist activity at the opioid receptors
- ⌚ **Agonist/Antagonist combinations for the treatment of opioid abuse/addiction**
- * **Buprenorphine (Buprenex)**
- * Buprenorphine/Naloxone (Suboxone)
- ⌚ **Schedule III**
- ⌚ Adverse effects
- * Less respiratory depression & less abuse potential?
- ⌚ Precipitate withdrawal in an opioid-dependent patient

58

Mixed Opioid Agonist-Antagonist for the Treatment of Chronic Pain

- ⌚ Exhibit partial agonist or antagonist activity at the opioid receptors
- ⌚ **Agonist/Antagonist combinations for the treatment of chronic pain**
- * **Not appropriate for the treatment of acute pain**
- * **Morphine/Naltrexone (Embeda)**
- * **Oxycodone/Naltrexone (Troxyc ER)**
- ⌚ **Schedule II controlled substance**

59

Substance Abuse History

- ⌚ Avoid all opioids in a patient with a history of heroin use
- * This includes tramadol
- * May trigger dopamine reward and the drug "need"
- * Stick with higher doses of a NSAID +/- acetaminophen
- ⌚ Patients with abuse history for other substances
- * Ex. Benzodiazepines, alcohol, amphetamines?
- * It is a judgement call
- * Some evidence to suggest that all addictive meds should be avoided!

60

"True Addiction" formerly "Psychological Dependence"

- ⌚ Compulsive use despite harm
- ⌚ Quality of life is not improved by the medication and eventually it becomes compulsive
- * "Wanting without liking"
- ⌚ Relapse is very common even after "successful" withdrawal
- * It is a relapsing disease that is incredibly hard to treat

61

Identifying Behaviors of Abuse/Addiction

- ~ "Fast talkers"
- ~ Strange allergies
- ~ Excuses for "loss" of meds
- ~ Excuses why they need "a strong pain medication"

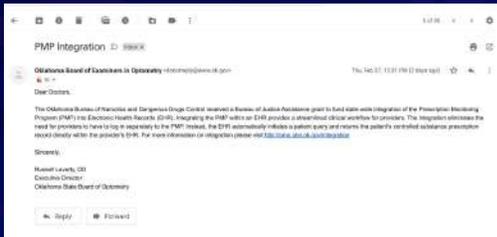
62

Ways to respond

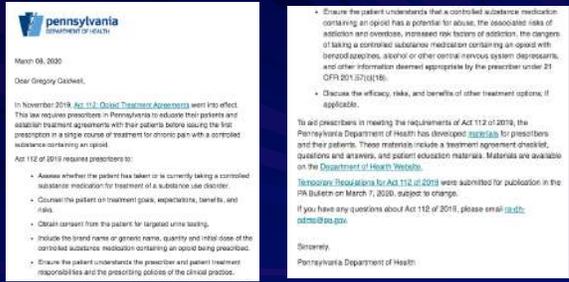
- ~ Avoid getting "bullied"
- ~ Avoid acting like you are judging the patient
- ~ Use the tools that are available
 - * Call your local pharmacy/pharmacist
 - * State databases
 - o PDMP = Prescription Drug Monitoring Program
- ~ Legal/ethical issues
 - * If you didn't write it down, then it didn't happen!

63

Prescription Monitoring Program (PMP)



64



65

Ways to Combat Abuse

Drug Company Approaches

66

OxyCONTin (Controlled release tablets (q 12 hours...once in a while q 8 hours); new formulation is out to help control abuse



67



68



69



70



71



72



73

Adverse Reactions: Steroids

- Loss of glycemic control
 - Watch in patients with diabetes!
- Drug-Drug interaction with warfarin (Coumadin)
 - Typically ↑ INR
- GI upset: take with food!
- Fat redistribution, osteoporosis, cataracts, muscle wasting = long-term effects

74

Acetaminophen (Tylenol)

- Mechanism: largely unknown
- Mild to moderate pain
- No anti-inflammatory potential
- Available in 325mg, 500mg, and 650mg tablets/capsules
- Dosing: 1,000mg every 6 to 8 hours OR 650mg every 6 hours
 - Max daily dose: DO NOT EXCEED 3,000 to 4,000mg in 24 hours
 - OK to use ALONG with or ALTERNATING with ibuprofen or naproxen
- ADRs: avoid in patients who consume > 3 alcoholic beverages per day

75

NSAIDs – Ibuprofen (Advil/Motrin)

- Mechanism: prostaglandin inhibitors = decrease in inflammatory mediators
- Good for pain and inflammation
- Mild to moderate pain
- Available in 200mg (OTC) and 400mg, 600mg, and 800mg tablets (RX only)
- Dosing: 200mg to 800mg every 6 to 8 hours
 - Max daily dose: do not exceed 3,200mg in 24-hour period
 - MUST reach 1,200mg daily to achieve anti-inflammatory potential

76

NSAIDs – Naproxen Sodium (Aleve)

- Mechanism: prostaglandin inhibitors = decrease in inflammatory mediators
- Good for pain and inflammation
- Mild to moderate pain
- Available in 220mg, 275mg, 375mg, and 550mg tablets
- Dosing: 220 to 440mg every 8 to 12 hours OR 660mg every 24 hours OR 550mg every 12 hours
 - Acute pain: more often is BETTER
 - Maximum daily dose is 1,000 to 1,100mg in 24 hours period
 - OK to dose 1,375mg to 1,500mg on DAY 1 ONLY!
 - Anti-inflammatory potential: dose at HIGHER END of range

77

NSAIDs – Adverse Effects

- Take with food – tough on the stomach
- May cause vasoconstriction in the kidneys
- Inhibits platelet aggregation, so ibuprofen interacts with warfarin (Coumadin) = ↑ INR
- May increase risk of heart attack and stroke in patients at “high risk” and with “regular use”
- May increase blood pressure and IOP

78

SYNERGY...

It is acceptable to use an ALTERNATING dosing regimen OR an ADDITIVE dosing schedule

Good in moderate to severe pain

Acetaminophen + Ibuprofen
Ibuprofen: OTC: 200mg, Rx: 400mg, 600mg, 800mg.
Acetaminophen: OTC: 325mg, 500mg, 650mg.
Two 200mg ibuprofen every four hours while awake.*
Two 325mg acetaminophen every four hours while awake.
Maximum Daily Doses: Ibuprofen: 3,200mg. Acetaminophen: 4,000mg.
Take with food. Avoid in patients who drink three or more alcoholic beverages per day. See previous section regarding precautions with NSAIDs. Alternate ibuprofen and acetaminophen every two hours (e.g., ibuprofen at 8am, acetaminophen at 10am, ibuprofen at 12pm, acetaminophen at 2pm, etc...)

79

Pain Reliever Help

Know your maximum daily allowances:

- APAP 3000 mg (4000 mg*)
- ASA 6000 mg
- Ibuprofen 3200 mg
- Naproxen Sodium 1650 mg (Aleve/Anaprox)
- Naproxen 1500 mg (Naprosyn)

2 ibuprofen and 2 Tylenol
4 ibuprofen and 2 Tylenol

80

Alternative?

Cannabis Sativa

81

History: Prohibition of Cannabinoids

- Prohibition has only been around for 80 years
 - * Widely used for 5000-8000 years before
- Not outlawed due to lack of efficacy or safety
- Outlawed due to political and money reasons
 - * 1937 Marijuana Act
 - * Around the same time as morphine and opioid development
- CBD and THC considered schedule I narcotic
 - * 2018 CBD not considered schedule I
- Come a long way with CBD
 - * NIH funds studies on CBD
 - * WHO: August 17, 2018 - no dependence, no public health problems
 - * FDA: May 2018: - no abuse potential

82

THC, CBD, Hemp – The Basics in more detail...

Cannabinoids: THC, CBD

- **THC** (delta-9-Tetrahydrocannabinol): psychoactive
 - Only compound in cannabis family that will get you “high”
- Main active compound in cannabis; will give positive drug test

83

Types of Cannabinoids

- Endocannabinoids (EC): brain-derived**
 - Sources: omega-3, omega-6
 - Anandamide (AEA)- “bliss chemical”
- Phytocannabinoids: plant-derived**
 - Sources: buds, extracts, etc. of THC, CBD
- Synthetic cannabinoids: lab-derived**
 - Examples: THC (Dronabinol/Marinol, Syndros, Cesamet); CBD (Cannabidiol/Epidiolex)

84

Synthetic cannabinoids: lab-derived

- Not great at mimicking nature
- Peer reviewed and systematic reviews concluded
 - Lower efficacy
 - Increased risk of adverse effects than phytocannabinoids
- Much higher affinity for CB1 and CB2 receptors than THC
 - Decrease therapeutic response
 - Decrease tolerability
 - Increased psychosis, paranoia, and side effects

85

So now that EVERYONE is selling it and talking about it...

- How do cannabinoids work?
 - Endocannabinoid (EC) system
 - CB1 and CB2 receptors that impact memory, pain, inflammation, appetite, immune system
 - CB1: CNS, genitourinary system, eyes, peripheral neurons, adrenals, heart, lung
 - CB2: CNS, immune system (spleen, tonsils, lymph nodes, thymus), bones, eyes, heart, gut

86

CB1 and CB2 Receptors

- THC – agonist to the CB1 and CB2 receptors and higher affinity
 - This is why THC comes with the risk of bad side effects
 - Anxiety, dysphoria, psychosis, sedation, subjective intoxication
 - THC can slow the development of frontal lobe with binding (agonist)
 - Not good for young brains, frontal lobe not developed until 21-25 years old
 - Nociceptive pain – mask the symptom!
- CBD – antagonist activity and lower affinity
 - Safe for immature frontal lobe
 - No intoxication, euphoria, or paranoia (in normal doses)
 - Anti-inflammatory action
- THC and CBD do not cause respiratory depression or heart attack like opioid risks

87

3 Types of Products in the Market

- Full Spectrum CBD
 - Contains trace amounts of THC (delta 9 THC)
 - Should include other cannabinoid compounds
 - Multiple cannabinoids and terpenes
 - Lower dose than isolate by 5-10 times
 - Stable shelf life
 - Might fail a work or drug recovery program drug test – avoid
 - Broad Spectrum CBD
 - No detectable THC
 - Other phytocannabinoids, terpenes
 - Won't fail a drug test
 - Isolate CBD
 - Only CBD
 - Least medical benefits
 - Won't fail a drug test
 - Need high doses – 5-10 times more than full spectrum
 - Unstable shelf life
- Doesn't work for everyone and everything.
But CBD has a broad spectrum of uses

88

Starting to See Outcomes of Studies

Remember illegal until 2018

89

Fibromyalgia

- Allopathic way to treat is Cymbalta, Lyrica, and Savella
 - 8-10% say really effective
- Full spectrum cannabinoids – 62% very effective

90

Hemp Derived CBD Full Spectrum with Opioids

- 97 patients
- 15 mg softgels, average dose 30 mgs
- 53% of patients stopped or decreased opioid use in 8 weeks
- 94% reported better sleep or decrease pain
- CBD could significantly reduce opioid use and improve sleep quality

91

CBD with Drug Addiction

- Decreases reward facility effect and seeking behavior in opioid dependence
 - Not cocaine
- Decreases opioid seeking behavior
- Potential for relapse prevention in cocaine and alcohol

92

CBD to Recommend Need

- Dosing
- Delivery
- Interactions
- Monitoring
- Side effects
- Tolerability
- Risks
- Product selection

93

What to Look in a Company

- "Medical grade CBD"
- Certificate of Analysis (COA) – ask questions
 - Lot specific, comprehensive, is the lab iso-certified for cannabinoids
 - Checking heavy metals
 - Checking for molds, fungus, and bacteria
 - Manufacturing process
 - Planting process
 - Indoor or outdoor
 - Using pesticides
- The spectrums they have
 - If have isolate – does they do stability testing

94

Practical Application- Side Effects

- Elevated LFTs (liver function tests)
 - * AST and ALT – why *THESE???*
 - * High doses of CBD
- Drowsiness/Dizziness
- Diarrhea
- Dry mouth
- Hypotension
- Increase in IOP
- Change in appetite

Generally, side effects are most often seen in people taking HIGH doses of CBD

95

Our Associations Fought Hard

We took this course for a reason

96

Cases Where I Recently Used My DEA

97

Conditions Which May Require Pain Management

- Large cornea abrasions
 - * Cornea burn
 - * PRK/PTK
- Orbital trauma
 - * Orbital blowout fractures
 - * Scleritis



98

A "bit" Too Close



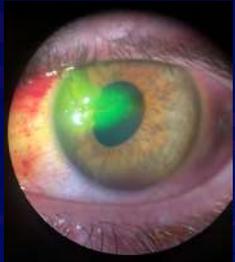
99

How Deep



100

Ouch



101

DSEK



102



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Questions and Thank You!

Treatment of Pain
Opioid Choices and Issues for
Patient and Practitioner

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Thursday, September 8, 2022



103