



Northwest Wellness Center

January 15, 2013

RE: Regulations Proposed for Chronic Opioid Medications

To Patients of Northwest Wellness Center:

In an effort to keep patients informed of the proposed regulations for chronic opioid medications, the following information is being provided.

A group, Physicians for Responsible Opioid Prescribing (PROP), is advocating to the Food and Drug Administration (FDA) stricter regulations in regard to opioid medication use and opioid prescribing. The current climate nationally in regards to opioid use suggests a marked increase in overall opioid prescriptions by physicians. Prescription opioids have escalated dramatically over the last few years. Momentum in terms of regulation by the FDA is building. The proposed changes being recommended by PROP include a ceiling amount of opioid use per day equivalent to 100 mg of morphine. This would mean higher dosages of any narcotic equivalent to greater than 100 mg of morphine **would not be filled unless documented diagnosis of cancer-related pain. Additionally, a three month period of opioid medication use is being advocated as the maximum amount.** The medical literature suggests treatment with opioid analgesics beyond a three-month period is not effective towards pain relief, except in conditions of cancer.

The pain management literature suggests these changes are likely on the horizon. I suspect this will be enforced potentially in 2013. I believe the FDA will make recommendations to physicians for the above mentioned guidelines, which may be enforceable via pharmacies and insurance companies. The time table for when this may go into effect has not been established per my research. My hope is if this does go into effect, a period of months would be granted to allow for tapering of medications to meet the proposed regulations.

I offer this as information now and strongly recommend self reduction in opioid medication use, as I believe these regulations are destined to go into effect. Over the next several months, I will be advising you further in regard to any additional information I may receive.

Sincerely,

I have read, understood and agree to this protocol.

Christopher R. Pasquale, MD
Fellow of the American Academy of
Physical Medicine & Rehabilitation
Diplomate American Board of Pain Medicine
Certified in Spinal Cord Injury Medicine by the
American Board of Physical Medicine & Rehabilitation
Board Certified Independent Medical Examiner

Patient Signature

Date