



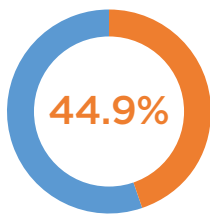
Dental and Opioids: What we're doing to reduce abuse

The US is caught in the cycle of opioid addiction. Since the mid-1990s, healthcare providers have been prescribing opioids to manage patient pain with devastating, unintended consequences.

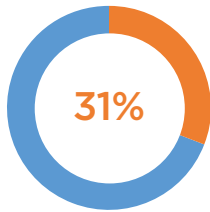
Every day, 116 Americans die from opioid-related overdose.¹

Where does dental fit in?

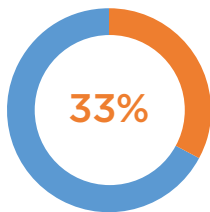
Dentists have a tremendous role to play in addressing our nation's opioid epidemic.



In some states, dentists prescribe up to 44.9% of initial opioids dispensed to patients²



Dentists write 31% of opioid prescriptions for patients aged 10-19 years³



Teenagers who receive opioids are 33% more likely to misuse or become addicted⁴

What are Washington's dentists doing?

In July 2017, our State published its first dental guidelines on prescribing opioids for pain. It was the work of the Dr. Robert Bree Collaborative, Washington State Agency Medical Director's Group, and actively practicing Washington State dentists. These comprehensive guidelines cover everything from pre- to post-operative care and patient education.

How is Delta Dental of Washington helping?

We've partnered with Healthentic and the Washington Health Alliance to better understand the opioid prescribing practices of our network dentists.

We've partnered with Arcora Foundation to create and distribute educational materials for our network dentists and subscribers. These materials encourage providers and patients to have critical care conversations around non-opioid pain management.

Contact your Delta Dental representative to learn more.

Sources:

- 1 US Department of Health and Human Services. "About the U.S. Opioid Epidemic." Accessed: <https://www.hhs.gov/opioids/about-the-epidemic/>
- 2 Gupta, et al. "Opioid prescribing practices from 2010 through 2015 among dentists in the United States." Journal of the American Dental Association. 2018; 149(4) 237-245. Accessed: [https://jada.ada.org/article/S0002-8177\(18\)30009-6/fulltext](https://jada.ada.org/article/S0002-8177(18)30009-6/fulltext)
- 3 Volkow, et al. "Characteristics of Opioid Prescriptions in 2009." Journal of American Medicine Association. 2011; 305(13) 1299-1301. Accessed: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3187622/>
- 4 National Institute on Drug Abuse. "Teen Opioid Prescriptions Raise Risk of Later Opioid Misuse." 2015. Accessed: <https://www.drugabuse.gov/news-events/latest-science/teen-opioid-prescriptions-raise-risk-later-opioid-misuse>

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