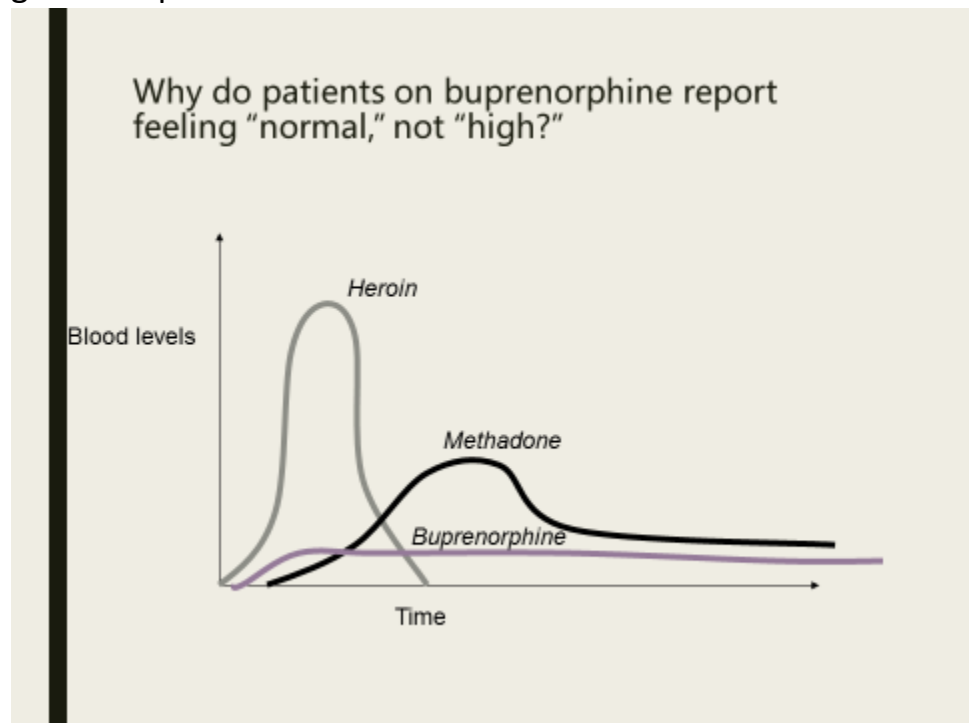


Important things to know about medication-assisted therapy (MAT)

- MAT involves use of buprenorphine and methadone to treat opioid use disorder. (Heroin or pain pill addiction)
 - Methadone must be prescribed in a methadone clinic.
Buprenorphine can be prescribed by any physician, physician assistant, or nurse practitioner who has the waiver from the DEA.
- The medications used for MAT attach to the same receptors in the brain as heroin and opiate pain pills.
 - Important differences:
 - Much longer acting – Patients don't get high, and they don't get the rapid withdrawal



- No high with buprenorphine, much less of a high with methadone.
- Much safer.
 - Important exception is if toddlers are accidentally exposed
- Blocking effect for opioids.

- These medications are extremely effective.

Effectiveness of buprenorphine¹

	Buprenorphine for 1 year + counseling (20 patients)	Control (Detox + counseling) (20 patients)
Still in treatment at 1 year	70%	0%
Death	0%	20%

1 Kakko J et al, Lancet 2003

○

○ Methadone:

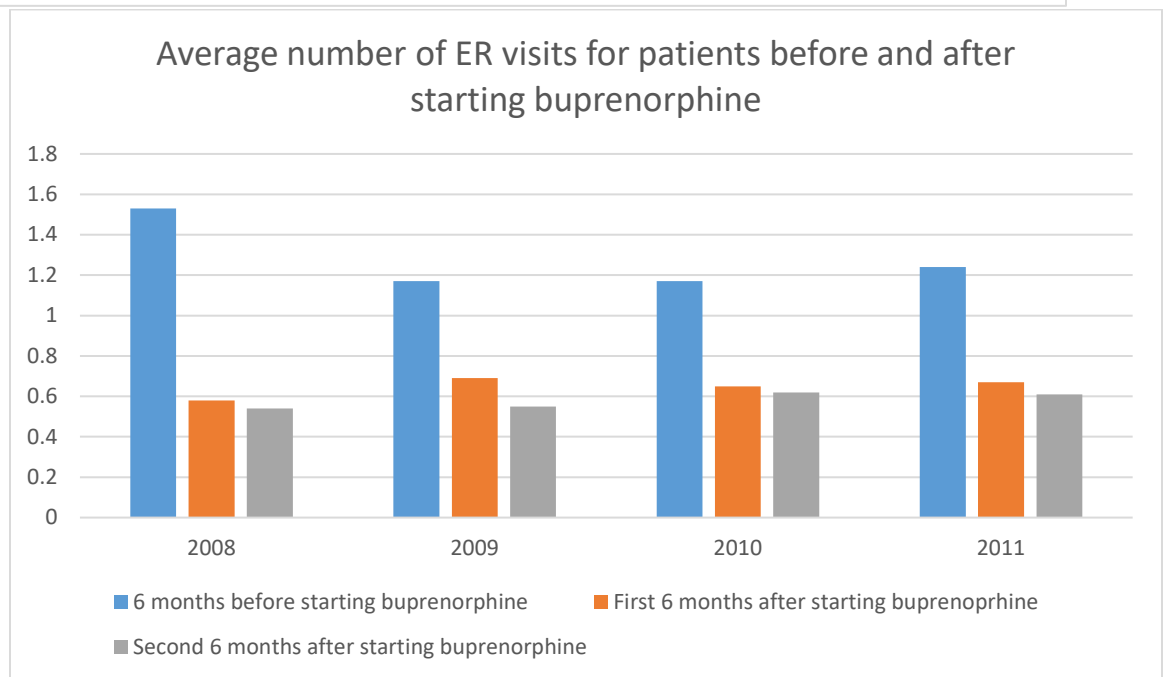
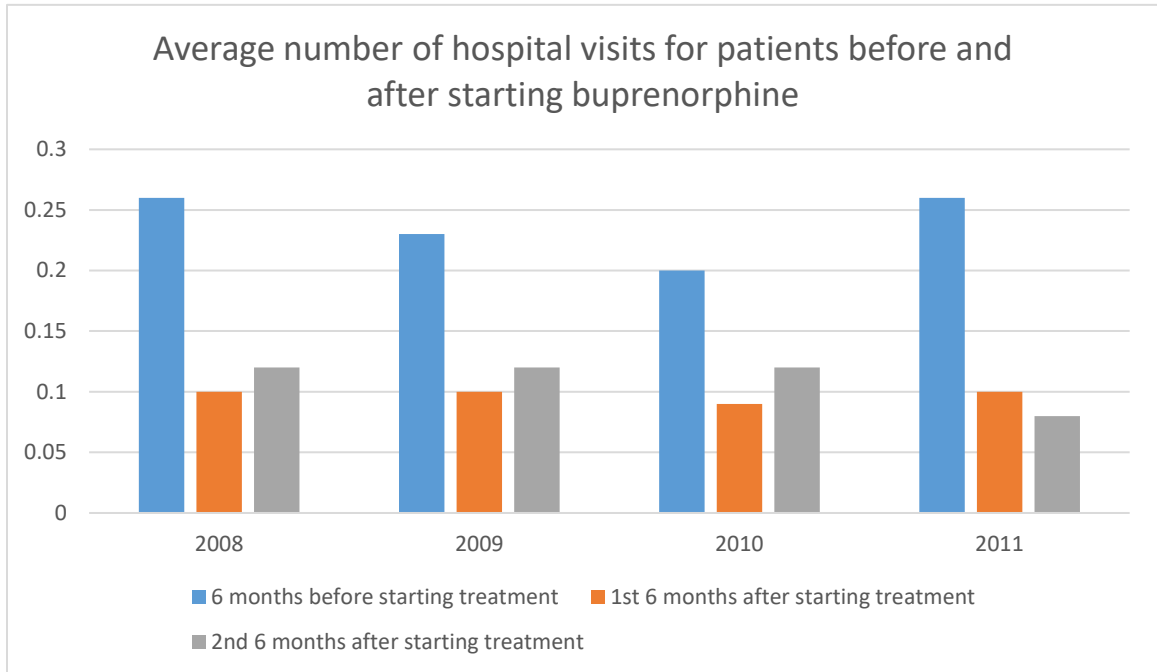
- 65% of patients stable with no IV drug use¹
- Crime decreased 84%, drug sales by 86%¹
- Hospitalization decreased 58%¹
- Dramatic decreases in HIV infection²
- Patients not on methadone were 92 times more likely to inject heroin daily than methadone maintenance patients³

¹ Gerstein DR et al, CALDATA General Report, CA Dept of Alcohol and Drug Programs, 1994

² Des Jarlais DC et al, Substance abuse, Wms and Wilkins 1992

³ Dole VP, NY Acad Sci 1978

- These medications are cost-effective:



Clark RE, Samnaliev M, Baxter JD, Leung GY. *Health Aff.* 2011;30:1425-1433.

- These medications are not addictive.
 - Physicians make a distinction between physical dependence and addiction.
 - Physical dependence = any medication that causes withdrawal when stopped, and includes opiates, MAT, some BP medications, many psychiatric medications, and caffeine. It does not include methamphetamine or cocaine.
 - Addiction = Use of a drug in a way that a person's life is spinning out of control.