Chronic Pain Management and the Use of Opiate Medications: The CDC Guideline and Beyond
David Anisman, MD

### Odds Ratio of Overdose by Opiate Dosage (relative to 1-19 MME/day)

<table>
<thead>
<tr>
<th>Opiate Dosage Ranges (MME/day)</th>
<th>OR of Any OD Event</th>
<th>OR of OD Death</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-49</td>
<td>1.44</td>
<td>1.32</td>
</tr>
<tr>
<td>50-99</td>
<td>3.73</td>
<td>1.92</td>
</tr>
<tr>
<td>100-199</td>
<td>8.87</td>
<td>2.04</td>
</tr>
<tr>
<td>&gt;200</td>
<td></td>
<td>2.88</td>
</tr>
</tbody>
</table>

**Call to Action:**
- Recommendations vs Mandatory Limits
- Dosage limits (# pills vs MME/d)
- Documentation requirements
- No refills without an appointment
- Dedicated refill appointments
- Use of CSDB every time
- UDS
- Medication specifics
- Provide support resources as much as possible

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