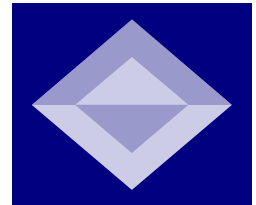


A communication periodical for our clients, staff & the community at large

The Chronicle

A Paterson Counseling Center Newsletter



Special points of interest:

- PCC Staff pursues training and certifications
- SAMSHA news integrated into PCC website
- Welcome to new hires at PCC
- PCC continues to focus on persons served via expanded services and outreach efforts

Oxycodone Linked To Opioid Deaths

In the Canadian province of Ontario, painkiller abuse appears to have boosted the number of deaths from the drug known as oxycodone.

A new study finds that deaths from the use of opioids have doubled since 1991, and the research links greater use of the painkiller oxycodone, also known as OxyContin, to a fivefold increase in deaths related to the drug. Most of the deaths were accidental.



In the study, published in the Dec. 8 issue of *CMAJ*, Dr. Irfan Dhalla of the department of medicine at the University of Toronto and colleagues analyzed prescription records from 1991 to 2007 from an agency that tracks information from about two-thirds of Canadian pharmacies.

They also looked at coroner death records between 1991 and 2004. The researchers found that prescriptions for opioid painkillers grew by 29 percent; codeine was prescribed the most, although the total number of prescriptions for it actually went down during the study period.

Meanwhile, oxycodone prescriptions rose by more than 850 percent and accounted for more than 32 percent of opioids

Oxycodone Continued

prescribed in 2006, the study authors noted.

"The rise in opioid-related deaths was due in large part to inadvertent toxicity," Dhalla's team wrote. "There was no significant increase in the number of deaths from suicide involving opioids over the study period."

More information

Learn more about OxyContin from the U.S. Drug Enforcement Administration.

This article: Copyright © 2009 ScoutNews, LLC. All rights reserved.

Inside this issue:

Oxycodone	1
Oxycodone Continued	1
Stress & Alcohol	2
Outcomes	2

Stress Hormone & Alcohol

Researchers are linking a stress hormone to alcoholism in animals, and they report that blocking it could become a strategy to help stop the addiction in people.

The research "represents an important step in understanding how the brain changes when it moves from a normal to an alcohol-dependent state," lead re-

searcher Marisa Roberto, an associate professor at the Scripps Research Institute, said in a Scripps news release.

"Our study explored what we call in the field 'the dark side' of alcohol addiction," Roberto said.

"That's the compulsion to drink, not because it is pleasurable -- which has been the focus of much previous research -- but because it relieves the anxiety generated by abstinence and the stressful effects of withdrawal."

The hormone, known as corticotropin-releasing factor, plays a role in the body's response to stress and is found in the brain.

Romero said it's possible that blocking the hormone "may prevent excessive alcohol consumption under a variety of behavioral and physiological conditions."



Stress Continued

The researchers also found that rats exposed to the hormone-suppressing chemical didn't become immune to the chemical's effects over time. That suggests that people might be able to take it repeatedly without facing a loss of effectiveness.

Still, rats aren't people, and it's possible that humans won't act the same way when exposed to the chemical.

The findings will appear in an upcoming print edition of the journal *Biological Psychiatry*.

Source HealthDay. All rights reserved.

Outcome Management

PCC has examined feedback from our clients and we also looked at clinical data that affirms that we are moving in the right direction from a treatment perspective. We use the data from our analysis to design plans and program enhancements that build on the things that our clients have identified as value added.

We also leverage feedback from other agencies and the community at large looking for opportunities to ensure that we stay on track from an overall treatment planning perspective.

We could not be successful without the input and feedback we receive from our clients everyday so we want to extend our appreciation to all of them for staying focused and helping us succeed as well—Thanks!