

Wide Spread Prescription Drug Abuse Growing

By Camaron E. Snider, PharmD BHHC

Prescription drug abuse is a pervasive problem all across the United States and the numbers of people affected by it are growing.

Oklahoma has the unfortunate distinction of having the fifth highest number of prescription drug deaths in the country. There is great cost associated with prescription drug abuse both financially and emotionally to those affected by it personally and to the general public.

There are a number of ways that various government agencies and health care professionals have tried to combat this problem. One of the most widely abused prescription drug classes is narcotic pain relievers, which are divided up into different classes by the federal government based on their potential to be abused. Each class has different restrictions on how they can be prescribed by physicians and other providers, as well as how pharmacists can fill them. Hydrocodone containing pain relievers, more commonly known by their brand names such as Lortab, Norco and Vicodin, have become some of the most prescribed drugs in the country and demonstrate an exceptionally high abuse potential. With this in mind, the U.S. Food and Drug Administration has re-classified hydrocodone containing medications into a more restrictive class of medications. With this change, physicians will no longer be able to include refills on any prescription written for these medications and mid-level providers, such as physician assistants and nurse practitioners, will no longer be able to write for these medications. Also, the prescription will have to be a hard copy signed by the provider each time an order for that medication is prescribed and cannot be called in over the phone.

This change took place on October 6, 2014 and it is likely that many changes or delays in prescribing these medications will occur as a result. Although these changes may inconvenience patients who suffer from chronic pain, the

intent is only to reduce prescription drug abuse and save lives in the process. Patients who take these medications should speak with their physician about how this change will affect their treatment. Individuals who are abusing prescription drugs will sometime see multiple providers to seek prescriptions for controlled substances without notifying each of them that they are receiving medications elsewhere. This is commonly called "doctor shopping" and is illegal.

An important means that health care providers have to prevent prescription drug abuse due to doctor shopping is to monitor a government run database called the prescription drug monitoring program. Every pharmacy within the state of Oklahoma must submit to this database any time a prescription is filled for a medication that is considered a controlled substance within minutes of filling that medication. Kansas, Arkansas, Texas, Colorado and New Mexico will also begin sharing this information with the Oklahoma drug-monitoring program on November 1, 2014 to build a more comprehensive database to stop doctor shopping across state lines. Most other states have a similar program in place. Physicians and other health care professionals can access this database before prescribing controlled substances for a patient to help prevent doctor shopping. Despite these efforts, cases of prescription drug abuse continue to increase along with the costs associated with it, claiming the lives of many Americans every year.

Health care workers have a professional obligation to prevent prescription drug abuse whenever possible, but we can't do it alone. If you know someone who may be struggling with prescription drug abuse, please talk to them about getting help as soon as possible because the health risks associated with prescription drug abuse increase the longer it continues and it also becomes more difficult to stop.



Red Ribbon "Kick Off Day" October 23, 2014 (From Left) DeAnna Densman, Substance Abuse Counselor and Laura Guest, Administrative Assistant. (SFNews)



What is Red Ribbon Week: It is recognized and celebrated nationally as the oldest and largest drug prevention campaign in the country. By wearing a red ribbon during Red Ribbon Week in October, Americans demonstrate their ardent opposition to drugs. Red Ribbon Week serves as a vehicle for communities and individuals, to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education, with the goal of being a drug free America., On October 28, Behavioral Health hosted a Red Ribbon give a way booth. (pictured, Laura Guest, Administrative Assistant)

Oklahoma Tobacco Helpline
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From The Merle Boyd Center

NOVEMBER IS DIABETES AWARENESS MONTH

By Leah Carver Special Projects Manager

American Diabetes Month takes place each November and is a time to come together to stop diabetes. The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever growing disease is one of the main efforts of the American Diabetes Association and your local Sac and Fox Nation Special Diabetes Program.

Here are just a few of the recent statistics on diabetes:

- Nearly 30 million children and adults in the United States have diabetes
- Another 86 million Americans have prediabetes and are at a risk for developing

Type 2 diabetes

- One in 5 Native Americans has diabetes
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion

Exercise and eating healthy can prevent or reduce the risks of diabetes. One of the goals of the Sac and Fox Nation Special Diabetes Program is to try to inspire people to live a more active and healthier life style. There is a full time dietitian and a full time exercise specialist on staff at the Black Hawk Health Center to help you with your exercise and dietary needs.

Let's all "come together" and stop this dreaded disease.

November 2014				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	open 8-4:30 Anthony in Shawnee	11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	12:15 - CIRCUIT TRAIN 5 PM Circuit Training	11:15 Sweatin to the Oldies 12:15 Circuit Training
10	11	12	13	14
11:15 - Sweat in to the Oldies 12:15 - Circuit Training 5 PM Cardio/core training	open 8-4:30 Anthony in Shawnee	11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	12:15 - CIRCUIT TRAIN 2:15 Yoga 4:45 Circuit Training	11:15 Sweatin to the Oldies 12:15 Circuit Training
17	18	19	20	21
11:15 - Sweat in to the Oldies 12:15 - Circuit Training 5 PM Cardio/core training	open 8-4:30 Anthony in Shawnee	11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	Closed 12-4:30 for In-service Training 5 PM Circuit training	11:15 Sweatin to the Oldies 12:15 Circuit Training
24	25	26	27	28
11:15 - Sweat in to the Oldies 12:15 - Circuit Training 5 PM Cardio/core training	open 8-4:30 Anthony in Shawnee	11:15 - Sweat in to the Oldies 12:15 - Circuit Training beginner's weight training class 5 PM	Closed in observance of Thanksgiving	

November 2014

SAC AND FOX NATION

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Mon	Tue	Wed	Thu	Fri
ELDERS ONLY 3 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	ELDERS ONLY 4 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 5 8:30-2:30 WAREHOUSE 8:30-2:30 SHIPMENT	ELDERS ONLY 6 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 7 8:30-2:30 WAREHOUSE 8:30-2:30
SHAWNEE 10 8:30-2:30 WAREHOUSE 8:30-2:30	CLOSED FOR HOLIDAY 11	SHAWNEE 12 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 13 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 14 8:30-2:30 LITTLE AXE 10:00-12:00 WAREHOUSE
LATE NIGHT 17 WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	LATE NIGHT 18 SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	SHAWNEE 19 8:30-2:30 WAREHOUSE 8:30-2:30 SHIPMENT	SHAWNEE 20 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 21 8:30-2:30 PERKINS 10:00-1:00 WAREHOUSE 8:30-2:30
SHAWNEE 24 8:30-2:30 WAREHOUSE 8:30-2:30	CLOSED FOR INVENTORY 25	CLOSED FOR INVENTORY 26	CLOSED FOR HOLIDAY 27	CLOSED FOR HOLIDAY 28



MONTH of NOVEMBER 2014				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti Green Beans Garlic Bread Applesauce	4 Chicken & Dumpling Zucchini Crackers Peaches	5 Chili Dog Fritos Green Salad Pears	6 Fish Tater Tots Corn on Cob Pineapple	7 Biscuit & Gravy Sausage Boiled Egg Juice
10 Hamburger Fries Fresh Veggies Beets Mandarin Oranges	11 OFFICED CLOSED FOR VETERANS DAY	12 Chicken Pot Pie Okra Crackers Fruit Cocktail	13 Pork Chop Scalloped Pots Carrots Vanilla Pudding	14 Brown Beans & White Rice Spinach Cornbread Applesauce
17 Tuna Salad Sand Cottage Cheese Chips Peaches	18 Vegetable Stew Frybread Cabbage Tropical Fruit	19 Tomato Soup Grilled Cheese Pea Salad Pears	20 Chicken & Rice Carrots & Celery Crackers Choc. Pudding	21 Breakfast Burrito Tropical Fruit 2% Milk
24 Turkey Dressing & Gravy Yams Cranberry Sauce Cherry Delight	25 Enchilada Refried Beans Chips & Salsa Fruit Cocktail	26 Lima Beans & Ham Green Beans Cornbread Pineapple	27 OFFICES CLOSED FOR Thanksgiving	28 OFFICES CLOSED