

## Internal Medicine and Pediatrics of Bloomfield, PC

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Dear Patient of Internal Medicine and Pediatrics of Bloomfield,

In March 2016 The Center for Disease Control, CDC, updated their guidelines for prescribing opioids for chronic pain. According to the CDC and The American Academy of Family Physicians, AAFP, chronic pain management is a public health concern with significant increases in the use of opioids for pain relief. The numbers are staggering, according to the CDC, 1 out of 5 patients with non-cancer pain or pain related diagnoses are prescribed opioids. Nearly 2,000,000 Americans abused or were dependent on prescription opioids in 2014. From 1999 to 2014 more than 165,000 people died from overdose related to prescription opioids. Since 1999 sales a prescription opioids in the US has quadrupled.<sup>1,2</sup>

Improving the way opioids are prescribed through clinical practice guidelines can ensure patients have access to safer, more effective chronic pain treatment while reducing the number of people who misuse, abuse, or overdose from these drugs. In order to better align ourselves with these new guidelines set forth by the CDC, Internal Medicine and Pediatrics of Bloomfield, IMPB, will refrain from the management of chronic pain, defined by pain lasting greater than three months or past the time of normal tissue healing, with opioid medication effective immediately. The use of non-opioid therapy including exercise, cognitive behavioral therapy, physical therapy, and anti-inflammatory medications will continue to be the preferred treatment modality.

We at IMPB, understand that no two patients are alike and may not respond to non-opioid therapy for their chronic pain. Those patients requiring chronic pain management with opioid therapy will be referred to a pain management physician or directed to the Beaumont referral service via the web at <https://doctors.beaumont.org> or phone at 1-800-633-7377 for pain management providers. Please see below for a directory of pain management providers. During your transition to a pain management provider your medications may be managed by IMPB for up to 30 days.

We appreciate your time and understanding regarding this matter, additional resources regarding this topic can be found on our website at [www.medpedsdoc.com](http://www.medpedsdoc.com).

Sincerely,

Steve Z. Kallabat M.D.

Azrael A. Paredes M.D.

Jamie C. Baines D.O.

### References

<sup>1</sup><http://www.cdc.gov/drugoverdose/prescribing/guideline.html>

<sup>2</sup><http://www.aafp.org/patient-care/public-health/pain-opioids.html>

**Pain Management Providers**

<p><b>Cain E Dimon, MD</b> Beaumont Center for Pain Medicine 4949 Coolidge Highway, Suite Area, Royal Oak, MI 48073 Phone:248-655-9600 Fax:248-655-9590</p>	<p><b>John L Pappas, MD</b> 15979 Hall Road, Macomb, MI 48044 Phone:248-964-4880</p>
<p><b>Sean M Conroy, MD</b> Center for Pain Medicine 1555 South Boulevard East, Suite 220, Rochester Hills, MI 48307 Phone:248-267-5700 Fax:248-267-5703</p>	<p><b>Daniel A Sapeika, MD</b> 26025 Lahser Road, Floor 2, Southfield, MI 48033 Phone:248-663-1923</p>
<p><b>Patrick E Young, MD</b> Beaumont Center for Pain Medicine 4949 Coolidge Highway, Suite Area, Royal Oak, MI 48073 Phone:248-655-9600 Fax:248-655-9590</p>	<p><b>Craig S McCardell, MD</b> 26025 Lahser Road, Floor 2, Southfield, MI 48033 Phone:248-663-1923 Fax:248-663-2184</p>