Patients Seek Natural Alternatives to NSAIDs

**By Doug Brunk**
San Diego Bureau

In a metaanalysis of 11 osteoarthritis trials, SAMe appeared to be as effective as NSAIDs in reducing pain and improving functionality with fewer adverse effects than NSAIDs (J. Fam. Pract. 2002;51:425-30). SAMe is typically initiated in the 200- to 400-mg range and titrated to between 600 and 1,200 mg with caution regarding its serotonergic effects.

Other natural supplements such as ginger (Zingiber officinale), boswellia (Boswellia serrata), turmeric (Curcuma longa), and essential fatty acids demonstrated anti-inflammatory activity in preliminary basic research or human trials. While these and other natural supplements have been documented for the treatment of pain, Dr. Bonakdar emphasized that "further well-done trials are required to advance understanding."

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Low-Dose Combos Top High-Dose Monotherapy for Sciatica

**By Timothy F. Kirn**
SACRAMENTO BUREAU

Snowmass, Colo. — Sciatica and low back pain respond best to low doses of medications used in combination as opposed to high-dose monotherapy, David G. Borenstein, M.D., said at a symposium sponsored by the American College of Rheumatology.

There are no magic bullets. Instead, "it’s trial and error and seeing what works with a patient,” said Dr. Borenstein, a textbook author and researcher who practices in a rheumatology group in Washington.

According to prescribing patterns, it appears that muscle relaxants are among the most effective medications for back pain, but they’re more effective when used in combination with other medications. In a telephone survey of patients with acute low back pain contacted 1 week after an office visit, the best outcomes appeared to be associated with a combination treatment using a muscle relaxant and an NSAID together. Other respondents were taking no medication, or opioids, or acetaminophen, and muscle relaxants alone (Simp 1998;23:607-14).

Dr. Borenstein said the survey findings are consistent with his own clinical experience using combination regimens, which can minimize side effects and have a synergistic effect. He added that providers could use a lot more guidance on how to use drugs in combination, more dose-finding studies are needed.

In a report on two combined studies involving 1,405 patients with low back or neck pain, participants were randomly assigned to take the muscle relaxant cyclobenzaprine or placebo. Dr. Borenstein noted that the cyclobenzaprine outperformed placebo in three primary, patient-rated end points: relief from pain at the start of the day, assessment of medication helpfulness, and clinical global impression of change.

Interestingly, when the researchers looked at three doses—2.5 mg, 5 mg, and 10 mg—each taken three times daily, they found that all of the doses were more effective than placebo. The 5-mg dose was no less effective than the 10 mg dose and was less likely to cause sedation, Dr. Borenstein said (Clin. Ther. 2003;25:1056-73).

Future strategies for treating long low back pain may involve biologics such as infliximab, Dr. Borenstein said. Yet to be published open-label trials of infliximab, conducted in Finland, have shown significant efficacy within hours of patients’ receiving a single injection, compared with controls that were given sham injections of saline.

Yet the only double-blind, controlled trial reported to date found no benefit relative to placebo. The lack of efficacy for this unpublished trial may have been due to the high placebo response, Dr. Borenstein said. Another trial is underway.

Just 45% of Pain Patients Take OxyContin as Prescribed

**By Betsy Bates**
Los Angeles Bureau

Palm Springs, Calif. — Just 45% of prescriptions for the opiate OxyContin (oxycodone HCl controlled release) are taken as directed by patients being treated for nonmalignant pain, according to a study of urine samples from approximately 5% of the nation’s outpatients with pain clinics.

Fully 40% of the drug was recycled among other patients being treated for pain in 264 clinics whose combined case-loads exceeded 35,000 patients, Michael Kell, M.D., of the Labyrinth Institute of Smyrna, Ga., reported at the annual meeting of the American Academy of Pain Medicine.

Another 15% of OxyContin prescriptions were diverted to the black market, said Dr. Kell, who was chosen to present his poster in an oral format at the meeting. Dr. Kell, a toxicologist, collected his data using software technology that interprets highly specific urinalysis results that control for urine concentration and acidity and patient body mass index (BMI).

The urine from 55% of approximately 11,000 patients prescribed OxyContin either contained more of the drug, or less, than what would be indicated if the patient had ingested the amount prescribed to them. To allow for time of day and other variations, Dr. Kell considered a patient compliant if the level of OxyContin in his or her urine was within three standard deviations of the mean. Interestingly, about 15% of patients prescribed OxyContin had none of the drug in their urine.

At the same time, many patients being treated with alternative pain drugs in the clinics had OxyContin in their urine, suggesting that “most of the diversion was patient to patient,” Dr. Kell said. “There is an incredible amount of diversion on the street [as well]. We tend to be in denial,” he added.

Funding for Dr. Kell’s study was provided by UD Testing Inc., a Marco Island, Fla., company that uses Dr. Kell’s software to monitor patient compliance with prescription medicine.

Another study presented at the meeting described very preliminary results from a novel oxycodone drug formulation called Remoxy. The formulation delivers a long-acting dose of the opiate in a gel cap designed to be impervious to efforts to extract the full dose to achieve a ‘‘spike’’ effect by crushing, freezing, heating, or dissolving it in various substances. Current formulations of the drug can be manipulated in this way, adding to abuse and diversion.

Plasma concentrations were markedly lower in 20 subjects who took Remoxy after it had been crushed, compared with concentrations among people who had taken crushed controlled-release formulations of oxycodone.