dose, according to a study by research-
ters at Albert Einstein College of Med-
cine of Yeshiva University. The study 
found lax monitoring even of patients at 
high risk for opioid misuse, such as 
those with a history of drug abuse or 
dependence. The findings are especial-
ly concerning considering that prescrip-
tion drug abuse now ranks second (after 
(marijuana) among illicitly used drugs, 
with approximately 2.2 million Amer-
icans using pain relievers non-medically 
for the first time in 2009, according to 
the National Institute on Drug Abuse (NIDA). “Our study highlights a missed 
opportunity for identifying and reducing 
misuse of prescribed opioids in primary 
care settings,” said lead author Joanna 
Starrels, M.D., M.S., assistant professor 
of medicine at Einstein in a news re-
lease. “The finding that physicians did 
not increase precautions for patients at 
highest risk for opioid misuse should be 
a call for a standardized approach to 
monitoring.” Only a small minority (8 
percent) of patients were found to have 
undergone any urine drug testing. While 
such testing was more common in patients at highest risk for opioid mis-
use, the rate of testing among those 
high-risk patients was still low (24 per-
cent). Only half of patients were seen 
regularly in the office, and patients at 
higher risk of opioid misuse were not 
seen more frequently than patients at 
lower risk. Although fewer than one-
quarter (23 percent) of all patients re-
ceived two or more early opioid refills, 
patients at greater risk for opioid misuse 
were more likely to receive multiple ear-
ly refills. The study’s authors noted that 
while most primary care physicians are 
atuned to abuse and addiction prob-
lems, they haven’t put enough strat-
gegies in place to reduce risks. They 
recommend that physicians adopt the 
following risk-reduction strategies: stan-
dardize a plan of care for all patients on 
long-term opioids, which includes urine 

drug testing; schedule regular face-to-face 
ofﬁce visits to evaluate patients’ response 
to opioids and evidence of misuse; and 
stick to a previously agreed-upon refil 
schedule.
(\textit{Low Use of Opioid Risk Reduction Strate-
gies in Primary Care Even for High Risk 
Patients with Chronic Pain, Journal of 
General Internal Medicine, March 2, 
2011}.)

\textbf{Where Do Teenagers Get Prescription 
Drugs?}

Usually From Their or A Friend’s Home 
Medicine Cabinet!

\begin{itemize}
\item More than 60 percent of teenagers say 
    prescription pain relievers are easy to get 
    from the medicine cabinet at home. Half 
    of teens say they are easy to get through 
    other people’s prescriptions; and more 
    than half say prescription pain 
    relievers are “available everywhere” (Partnership for a Drug-Free 
    America, 2006).
\item Almost forty percent of youth ages 14 to 
    20 say it is easy to get prescription 
    drugs online or by phone. Of that total, 
    more girls than boys said it was easy 
    (48\% vs. 31\%) (Office of National Drug 
    Control Policy, 2007).
\item Nearly one in ﬁve teens report abus-
    ing prescription drugs to get high 
    (Partnership for a Drug-Free America, 
    2006).
\item One third of all new abusers of pre-
    scription drugs in 2006 were 12 to 17 
    years old (Substance Abuse and Men-
    tal Health Services Administration 
    (SAMHSA), 2008)
\item More than 2.1 million teens ages 12 to 
    17 reported abusing prescription 
    drugs in 2006. Among 12 and 13 year 
    olds, prescription drugs are their drug 
    of choice (SAMHSA, 2008)
\item Pain relievers, like Vicodin and Oxy-
    contin, are the prescription drugs most 
    Commonly abused by teens (SAMHSA, 2008).
\item Nearly half of teens who have abused 
    prescription painkillers also report the 
    use of two or more other drugs, most 
    Commonly alcohol and marijuana 
    (Office of National Drug Control Policy, 
    2007).
\item Nearly 40 percent of teens report hav-
    ing friends who abuse prescription 
    pain relievers and nearly 30 percent 
    report having friends who abuse pre-
    scription stimulants (Partnership for a 
    Drug-Free America, 2006)
\item Over half of teens say they abuse pre-
    scription painkillers because the medi-
    cations aren’t illegal; one in three be-
    lieves there is less shame attached to 
    using prescription drugs than illicit 
    drugs; and one in five said parents 
    “don’t care as much if you get caught” 
    abusing prescription drugs (SAMHSA, 2008)
\end{itemize}
## Van Buren-Cass Counties: Selected Reportable Diseases 2007-11

### Enteric Diseases

<table>
<thead>
<tr>
<th></th>
<th># of Cases (Year End Totals)</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>2007</td>
</tr>
<tr>
<td>Campylobacter</td>
<td>15</td>
</tr>
<tr>
<td>Cryptosporidiosis</td>
<td>0</td>
</tr>
<tr>
<td>Escherichia coli O157:H7</td>
<td>0</td>
</tr>
<tr>
<td>Giardiasis</td>
<td>3</td>
</tr>
<tr>
<td>Salmonellosis</td>
<td>18</td>
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<tr>
<td>Shigellosis</td>
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### Hepatitis

<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td>2007</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>0</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>2</td>
</tr>
<tr>
<td>Hepatitis C, acute</td>
<td>4</td>
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<tr>
<td>Hepatitis C, chronic</td>
<td>70</td>
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### STDs

<table>
<thead>
<tr>
<th></th>
<th># of Cases (Year End Totals)</th>
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<tbody>
<tr>
<td></td>
<td>2007</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>273</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>66</td>
</tr>
<tr>
<td>Syphilis</td>
<td>0</td>
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</table>

### Vaccine Preventable Diseases

<table>
<thead>
<tr>
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<th># of Cases (Year End Totals)</th>
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<tbody>
<tr>
<td></td>
<td>2007</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>68</td>
</tr>
<tr>
<td>Pertussis</td>
<td>4</td>
</tr>
<tr>
<td>Rubella</td>
<td>0</td>
</tr>
<tr>
<td>Rubeola</td>
<td>0</td>
</tr>
<tr>
<td>Mumps</td>
<td>0</td>
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</tbody>
</table>

### Vector Borne Diseases

<table>
<thead>
<tr>
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<th># of Cases (Year End Totals)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2007</td>
</tr>
<tr>
<td>Rocky Mountain Spotted Fever</td>
<td>0</td>
</tr>
<tr>
<td>Lyme Disease</td>
<td>2</td>
</tr>
<tr>
<td>Malaria</td>
<td>0</td>
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<tr>
<td>Encephalitis</td>
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</table>

### Other Diseases: Meningitis/Tuberculosis

<table>
<thead>
<tr>
<th></th>
<th># of Cases (Year End Totals)</th>
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<tbody>
<tr>
<td></td>
<td>2007</td>
</tr>
<tr>
<td>Aseptic Meningitis</td>
<td>10</td>
</tr>
<tr>
<td>Bacterial Meningitis, Other</td>
<td>5</td>
</tr>
<tr>
<td>Meningococcal Disease</td>
<td>0</td>
</tr>
<tr>
<td>Tuberculosis</td>
<td>0</td>
</tr>
</tbody>
</table>

*As of November 30, 2011
To report a communicable disease call 621-3143