

IT'S ABOUT PAIN

What's up now?

Once again, things are stable with a mix of options;

- Small pharmacies, Walgreens, Target, and 5 Mail Order pharmacies
- Safeway, Walmart, Fred Meyer for scripts by other KFC providers
- Change to a different opioid to reduce MME (MED) if supplies are a problem
- Taper off and take buprenorphine (Subutex)
- Transfer care to another clinic or seek out a successful pain procedure

However, we still have problems:

- Exhibit P blocks RAK and could, if strictly enforced, block all other local prescribers
- Federal quotas reduce supplies again (10th consecutive year)
- Some mail order pharmacists block prescriptions, especially for high doses
- Small pharmacies are at capacity and cannot accept new patients
- Interventional Pain Specialists do not want to write prescriptions

I'm grateful for encouragement received from docs at clinics that block their prescriptions for pain.

What can you do now?

The problem remains Exhibit P, which also blocks prescriptions for many non-narcotic meds.

Per Exhibit P terms, there are 3 potential blocks on its enforcement:

- National or State Declaration of Emergency (such as pain patients ODing on Fentanyl)
- Violation of Federal Law (need attorney to file re: violating *Americans with Disabilities Act*)
- Supply chain issues (getting close to critical already)

Politicians can make anything happen if they want to: HELP THEM WANT TO:

- Governor candidates need to **hear from you**.
- Attorney General candidates need to **hear from you**. (see letter I wrote, on back of this page)
- ENDORSE Dave Reichert, who is opposing AG Ferguson for governor (<reichertforgovernor.com>) or COMPLAIN to the AG (<fergusonforgovernor.com>) re: Exhibit P. Reichert, former King County Sheriff and US Congressman, offers options to video-endorse.
- Get and post yard signs or make a donation (contact campaign offices, look up on Google)
- Finally send me the name and family contact info of any chronic pain patient who has died from fentanyl or suicide. I will submit to Dr. Stefan Kertesz' research project at the University of Alabama.

When Medical Research documents deaths from being cut off, the politicians will have to act.

Similar letter sent to Washington Attorney General Bob Ferguson. See back of page.

July 15, 2024

Bob Ferguson
Attorney General
PO BOX 40100
Olympia, WA 98504

Dear Mr. Ferguson,

Your website touts your accomplishments as a litigator whose actions garnered millions from the canned chicken and fish industries, and more importantly \$1,000,000,000 from opioid distributors, to be used for social programs combatting drug abuse and homelessness.

Unfortunately, Murphy's Law emerged. The "Exhibit P" of the Distributor Settlement Agreement has caused many doctors to stop prescribing opioids for patients with chronic pain, and pharmacies to block prescriptions for not only opioids but all "controlled substances" (testosterone, sleeping pills, tranquilizers, meds for ADHD, and even pain med substitutes Lyrica, Subutex, and Suboxone).

- Our clinic takes care of 531 patients with pain from injuries, botched surgeries, and illnesses like neuropathy.
- Exhibit P has caused many to be abandoned by 10 or more pharmacies creating severe anxiety.
- 424 say they will stop all activities and go to bed if cut off.
- 207 say they will buy fentanyl or heroin or consider suicide, if cut off.

Extrapolating these numbers to the state as a whole (multiply our population x 72.8), means that over 30,000 will become bedridden and over 14,000 will die. These people have friends and relatives, so the toll of Exhibit P could adversely affect hundreds of thousands of Washingtonians.

But 13-month statistics show that only 3% of overdose deaths in Washington State are related to prescription opioids. See attached pie-chart.

I urge you to make rescinding the Exhibit P conditions a campaign issue. The money mentioned has been collected. Exhibit P causes nothing but harm. Severe harm.

Sincerely,

Richard A. Kirkpatrick, M.D., F.A.C.P.
Former councilman, City of Longview

Substances Contributing to Overdose
June 2023 - June 2024

