

**Rob Horowitz, Prevent Opioid Abuse and Council to Prevent Opioid Dependence  
(CTPOD)**

**In Favor of H7923**

This is Rob Horowitz submitting written testimony on behalf of two organizations I work with, Prevent Opioid Abuse and Council to Prevent Opioid Dependence (CTPOD) in favor of H7923.

Among the important positive features of this legislation are that it updates the state's pill limits requirements on initial opioid pain killer prescription, putting in place a 7 day limit. This is essential to preventing opioid dependence because research shows that dependency begins to set in for some patients in as little as 5 days.

It also requires a non-opioid pain treatment first approach, which conforms to current best medical practice. Blind pain studies show that for acute pain a combination of ibuprofen (Motrin) acetaminophen (Tylenol) is often all that is needed. In fact, a Rutgers Health study found that this combination is more effective at controlling acute pain following wisdom teeth extraction than opioid medication. Now, there are also non-opioid prescription pain medications on the market.

H7923 also reaffirms the states requirement for a conversation between