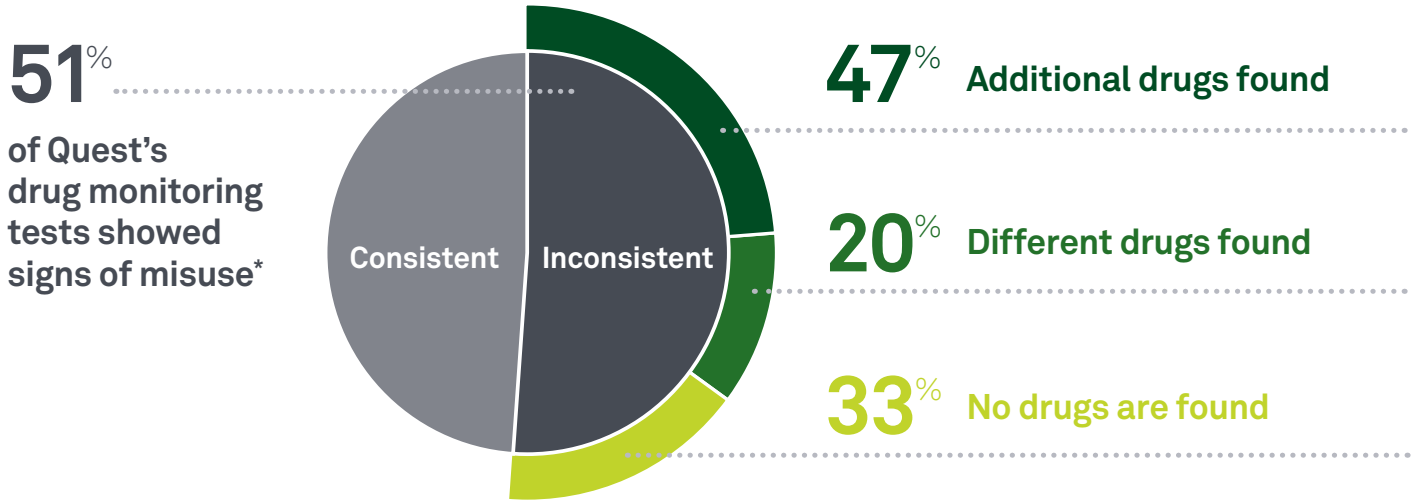




# The power of **KNOWING:** How drug monitoring can help support the women's health journey

## Medication misuse is not confined to any gender or age range

More than half of patients misused medication in 2019, according to Quest Diagnostics Health Trends™ data<sup>1</sup>



Rates of misuse were virtually identical for males and females<sup>1</sup>



**50.6%**  
male misuse rate



**50.9%**  
female misuse rate

Misuse rates were higher for men and women of reproductive age (15-45)<sup>1</sup> as compared to the general population



**54.8%**  
male misuse rate



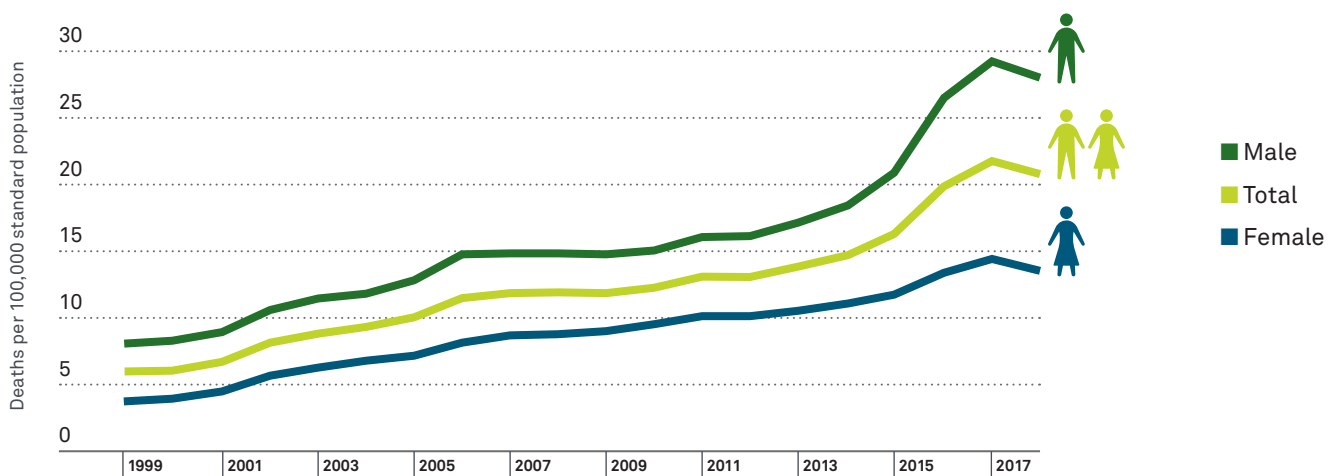
**54.4%**  
female misuse rate



## There are gender differences for drug overdoses

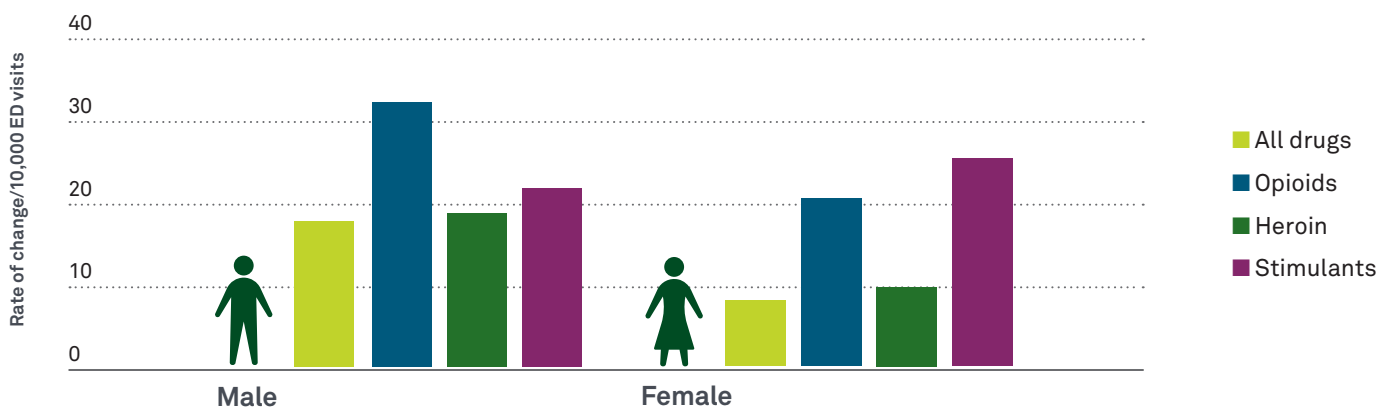
Overdose death rates decreased in 2018 for males and females<sup>2</sup>

### Overdose death rates 1999–2018<sup>2</sup>



From January 2019 to January 2020, there were different rates of increase by gender and drug<sup>3</sup>

### Non-fatal overdose rate change 2019–2020<sup>3</sup>



## The advantage of knowing at every step of her journey

Monitoring for adherence and avoidance of nonprescribed substances helps keep patients safe

### Reducing polysubstance use for healthier pregnancies

Research suggests that polysubstance use—the use of multiple substances at a time, including tobacco, alcohol, and opioids—is common during pregnancy.<sup>9</sup>

- Potential risks of polysubstance use during pregnancy include:
  - Neonatal abstinence syndrome (NAS)
  - Fetal alcohol spectrum disorders (FASDs)
  - Sudden infant death syndrome (SIDS)
- The CDC's approach to reducing substance use during pregnancy aligns with a disease prevention and treatment model. Punitive measures have not been shown to be effective, and can deter women from seeking needed treatment<sup>9</sup>
- Drug monitoring can help detect medication nonadherence, polysubstance use, and potential substance use disorder, providing the opportunity for referral to treatment

### Supporting treatment adherence for better mental health

Prevalence of mental illness conditions is increasing<sup>4</sup>—particularly in response to the COVID-19 pandemic<sup>5-7</sup>—and women are affected at higher rates than men.<sup>6-8</sup>

- ▶ **41% of adults report struggling with mental health issues stemming from the COVID-19 pandemic, and 13% report starting or increasing substance use.<sup>5</sup>**
- ▶ **Women are more likely to report adverse effects on their mental health due to stress from the COVID-19 pandemic.<sup>6,7</sup>**
- ▶ **Women are nearly twice as likely to suffer from major depression in their lifetime.<sup>8</sup>**

Assessing medication adherence and avoidance of nonprescribed substances during the well-woman visit is a critical step. Controlled substances may be used to treat:

- ADHD
- Anxiety
- Depression, including postpartum depression
- Insomnia
- Substance use disorder
- Acute and Chronic pain



## Why drug monitoring?

Drug monitoring can play a critical role in keeping your patients, practice, and community safe



### Help protect the patient

- Help keep patients safe
- Identify potential drug-drug interactions

### Help protect the clinician

- Aid risk mitigation
- Complements state Prescription Drug Monitoring Programs (PDMPs)

### Help protect the practice

- Help safeguard clinician practices

### Help protect the community

- Identify prescription drug use, misuse, or non-use
- Detect use of illicit substances

## Quest Diagnostics Clinical Drug Monitoring

Most trusted and reliable drug testing available today

### Our state-of-the-art drug testing offering delivers:



**Comprehensive menu**—prescription drugs used in treatment of chronic pain, ADHD, anxiety, depression, substance use disorder, other controlled medications, and substances of abuse



**Performance**—highly sensitive, low cut-off levels designed to detect drugs at typical dosage levels; fast turnaround time and results confirmation



**Reporting**—optional medMATCH® result interpretation of “inconsistent” when results don’t match prescriptions provided by clinician; quarterly practice-level data and analytics; historical individual patient reports



**Connectivity and service**—manage all your lab testing needs with the comprehensive Quanam® Lab Services Manager platform; exceptional service and connectivity with over 650 EMR systems



**Expert support**—industry-leading toxicology experts to answer questions on test selection and results interpretation

Visit [QuestDrugMonitoring.com](https://www.questdiagnostics.com/drug-monitoring) or talk to your sales representative at 1.866.MYQUEST (1.866.697.8378).

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