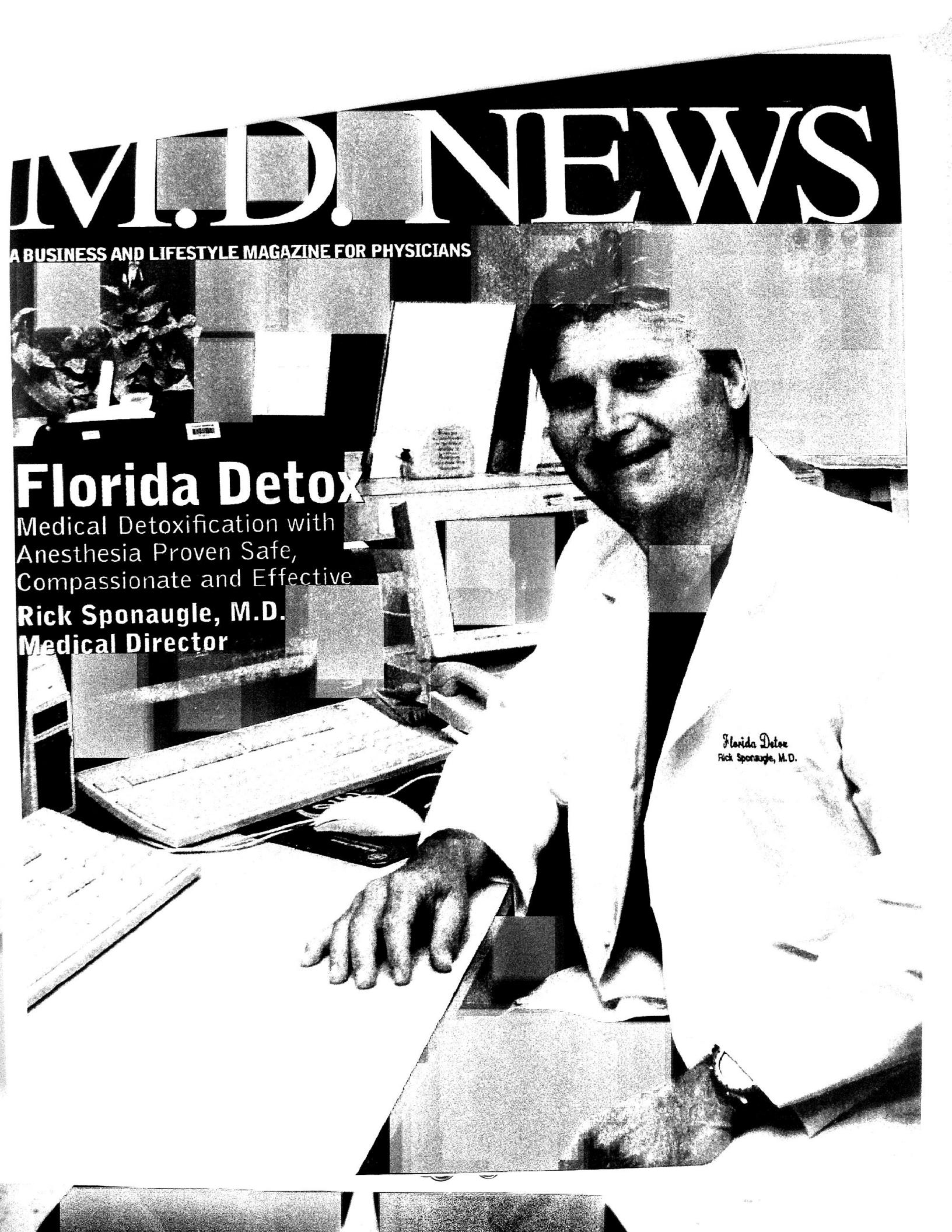
M.D. NEWS

A BUSINESS AND LIFESTYLE MAGAZINE FOR PHYSICIANS



Florida Detox

Medical Detoxification with Anesthesia Proven Safe, Compassionate and Effective

Rick Sponaugle, M.D.
Medical Director

Detox

Medical Detoxification with Anesthesia Proven Safe, Compassionate and Effective

By Nancy Johnson-Ryan

OxyContin, Vicodin and Percocet are powerful medications that physicians prescribe to their patients with acute and chronic pain. These drugs must be taken under the close supervision of a doctor to remain safe. When these same medications are taken too often or for a prolonged period of time, they can lead to terrible addictions, capable of destroying careers, families, and in some cases, lives.

Dr. Rick Sponaugle and his specially trained staff at Florida Detox in Tarpon Springs, FL, specialize in safe, compassionate medical detox with anesthesia. They know how easily a legitimate medical need for painkillers can escalate into a menacing addiction. They also understand that patients suffering from a prescription pill or illegal drug problem — such as heroin — no longer have to fear, or be subjected to, the devastating withdrawal symptoms associated with traditional opiate detoxification or a person's attempt to go "cold turkey." Detox performed under anesthesia in the hospital makes it possible for patients to safely and completely break free from their drug dependency in a matter of a couple of days.

Anesthesia-assisted detox was first performed in the United States in 1996. Today, Florida Detox is a worldwide leader in this highly specialized technique. Dr. Sponaugle has been perfecting his particular procedure for the past seven years and has treated more than a thousand patients. Dr. Sponaugle is a pioneer in addiction medicine and offers the safest, most technologically advanced anesthesia assisted detox procedure in the world. Florida Detox procedures are performed at Helen Ellis Memorial Hospital in Tarpon Springs, FL, near Tampa, a fully accredited medical-surgical hospital that is ranked in the Top 10 Percent of Hospitals nationwide.

"Most patients avoid detox because they fear the painful symptoms of traditional psychiatric opiate detox," says Dr. Sponaugle. "Many patients who attempt opiate detox on their own in a chemical dependency ward fail because they cannot tolerate the painful withdrawal symptoms of traditional detox, and leave before the process is completed. By contrast, most of our patients tell us that our technique removes 90 percent of the withdrawal symptoms, which they had previously experienced while attempting traditional detoxification at other centers," he adds.

"More than a thousand patients from throughout the world have successfully undergone medical detoxification from pain killers and other opiates at Florida Detox," remarks Dr. Sponaugle. "Men and women of various professions — from lawyers, doctors, dentists, accountants, stockbrokers, to carpenters, marketing executives and even soccer moms — have undergone detoxification on Thursday and returned to their office on Monday morning," he adds.

Many patients began taking opiate pain medication following a surgery or injury. Women are often prescribed pain medication to treat migraine headaches, fibromyalgia or even arthritis. It is important to know that after detox from opiates, the original or residual pain may be controlled with non-opiate medication, exercise, therapeutic massages or physical therapy. Men and women of all ages have experienced successful detoxifications at Florida Detox.

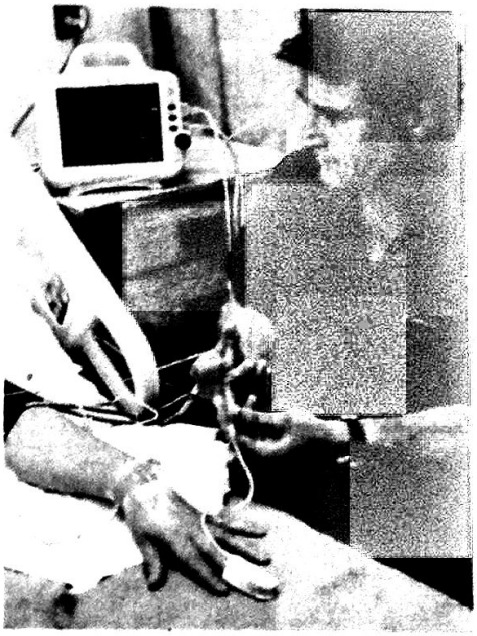


PHOTO BY REBECCA HAGEN

Dr. Sponaugle has safely and successfully detoxed more than 1,000 patients.

Holly's story is like many heard at Florida Detox. "I had two surgeries before I was two years old. The remainder of my youth was spent in and out of the hospital having one surgery after another," she recalls. At the age of 20 she lost a kidney. An injury left her with three titanium rods in her back. If that weren't enough, doctors diagnosed Holly with fibromyalgia and lupus. "Pain was pretty much a constant in my life. I was on heavy doses of narcotics for about 20 years," she says. Holly tried traditional detoxification without success and had lost all hope for recovery until she discovered Florida Detox.

"Doctor Sponaugle gave me the strength and faith to actually get through his procedure," says Holly. "I woke up later and had absolutely no desire to take a pill; I had no pain, and I had no withdrawal. The support I received from Dr. S. and his staff was like none other that I had ever known in my life. I have a new life that I didn't have before," she says. Holly went through detox more than a year ago and is now a member of the Florida Detox staff.

Many parents bring their teenagers in for treatment and counseling. The abuse of opiate medication, particularly painkillers, is climbing at an alarming rate, especially among younger age groups. The National Institute on Drug Abuse's 2003 Monitoring the Future survey of 8th, 10th and 12th graders found that 10.5 percent of 12th graders reported using Vicodin for non-medical reasons and 4.5 percent of 12th graders reported using OxyContin without a prescription. These drugs are available in all areas of the United States, from the largest cities to the smallest rural towns.

PHOTOS BY

Critical care nurses provide Florida Detox patients with constant care.

understanding greet every patient who comes to Florida Detox. "We tell everyone to leave their shame at the door," explains Dr. Sponaugle. "We know that our patients have already experienced a tremendous amount of guilt and shame. We can facilitate the recovery process when they realize that we understand what they've been going through," he adds.

Florida Detox patients begin treatment with a thorough medical examination and psychological evaluation by one of three Ph.D.s on staff. The following day they are admitted to the hospital for the inpatient medical detoxification. "The anesthesia-assisted technique allows our patients to safely sleep under a light anesthetic while the detoxification procedure is being performed in a controlled medical environment," says Dr. Sponaugle. "This technique will prevent most of the agonizing withdrawals typically associated with traditional opiate detox."

Patients are given an intravenous medication, which allows them to drift off into sleep. While under this light anesthetic, opiate blocking medication is administered to prevent the drugs in the patient's system from interacting with receptors in the brain. Various other medications are given to prevent the most painful withdrawal symptoms, surges of adrenaline — which cause rapid and irregular heart rate — and the severe diarrhea, which is common when patients stop taking opiate medication. After approximately four hours, brain receptors are free of the opiate drug.

The entire anesthesia process lasts from about four to six hours. Patients are in the constant care of specially trained critical care nurses and monitored by the latest computerized cardiac telemetry equipment. Patients are then safely sedated throughout the evening and into the first night. Most patients undergo a two-day hospital stay. For the next few days all are in the direct care of Dr. Sponaugle and his team of clinical and psychological experts. Patients will continue to take medications for the next several days to control any residual withdrawal. Patients may also receive therapeutic massages to help with withdrawal and stimulate recovery.

Dr. Sponaugle personally treats each and every patient.

After the first week, Florida Detox patients receive various medications to modulate brain levels of serotonin, dopamine and prevent opiate cravings. This is because natural chemicals are often at low levels immediately after opiate detoxification. Medical care continues over the next six months to find the correct balance of medication to ensure a smooth transition to an opiate-free life.

Although addiction to opiates is caused by and treated with alterations of brain chemistry, Dr. Sponaugle emphasizes that a patient's addiction itself is likely the end result of other pre-existing problems. "Addiction is the symptom, not the cause," he insists. And like any good doctor, after the symptoms are treated, he investigates the causes, which in many cases can be narrowed down to a list of treatable psychological disorders. "Opiod dependency is almost never the primary condition," says Dr. Sponaugle. "Many patients present underlying factors, which lead to the dependency. Antidepressants or other medications to regulate brain chemistry may be required following detox. That's why it is so important for our patients to get themselves into a continuing form of treatment, whether it is a 12-step program, psychological or psychiatric treatment, or spiritual counseling," he adds.

Commonly Abused Opiates

- Codeine
- Dilaudid
- Laam
- Lortab
- MSContin
- Oxycontin
- Percodan
- Ultram
- Zydone
- Darvocet
- Heroin
- Lorcet
- Methadone
- Norco
- Percocet
- Stadol
- Vicodin

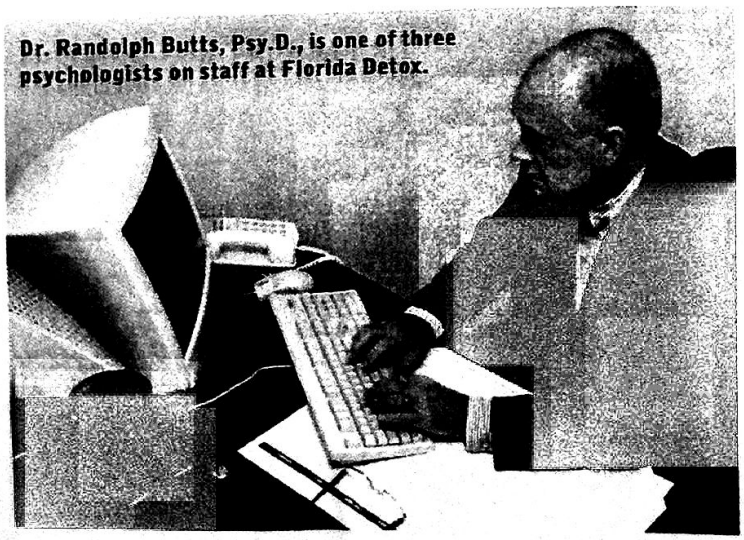
Some examples of pre-existing factors affecting opiate-dependent patients include:

- Undiagnosed or untreated Attention Deficit Disorder
- Post Traumatic Stress Disorder, including childhood abuse (verbal, physical or sexual), family deaths or family breakdown
- Depression, unipolar and bipolar
- Anxiety and Panic Disorders
- Insomnia and Sleep Disorders
- Chronic Pain

"We have two goals at Florida Detox," concludes Dr. Sponaugle. "First, to provide our patients with a safe, compassionate and effective medical detoxification from opiate drugs....and second, to help educate and motivate these patients to seek and sustain an opiate-free lifestyle."

Although a critical first step, detoxification alone is only the beginning of a process in achieving an opiate-free life.

For more information on Florida Detox, please call (toll free) 1-888-775-2770 or (727) 945-9198 or visit our Web site at: www.floridadetox.com. ■



Dr. Randolph Butts, Psy.D., is one of three psychologists on staff at Florida Detox.

THE STATE ATTORNEY
SEVENTH JUDICIAL CIRCUIT OF FLORIDA
VOLUSIA, FLAGLER, PUTNAM & ST. JOHNS COUNTIES

JOHN TANNER
STATE ATTORNEY

251 North Ridgewood Avenue
Daytona Beach, FL 32114-7509
Phone (386) 239-7710
SUNCOM 377-7710
Fax (386) 239-7711

June 3, 2003

Mr. William N. Meggs, State Attorney
Leon County Courthouse
301 So. Monroe Street
Tallahassee, Florida 32399-2550

Re: Anesthesia Assisted Detoxification for Opiate or Narcotic Drugs

Dear Willie:

At last month's F.P.A.A. Board Meeting, the State Attorneys expressed an interest in the anesthesia assisted detoxification procedure for opiate or narcotic drugs that I observed in Tarpon Springs.

Many drug addicts would rather maintain their addiction than go through a cold turkey or medically assisted detoxification. Florida Detox provides a medically approved anesthesia assisted detoxification procedure that is 100% effective. The patient is sedated from four to six hours and does not undergo the violent prolonged withdrawal that accompanies other detoxification methods.

In addition to the many people that were are dealing with in our court system there are thousands of others who have become addicted to prescribed pain medication for pain arising from serious injuries, cancer and other sources.

Florida Detox provides this service for approximately $11,000 including the hospital stay. Workman's compensation and other major insurers are now paying between 40 and 100% of the costs. If the program can be expanded with State involvement the costs could be reduced significantly.

Enclosed you will find some materials from Florida Detox that explains the anesthesia assisted detoxification procedure. Within the week, you should receive an information packet from Dr. Rick Sponaugle, M.D., Medical Director of Florida Detox.

I hope this information is of some value to you.

Sincerely yours,

John

JOHN TANNER
State Attorney

JT:cf

Inpatient Medical Detoxification with Anesthesia Assistance

Basic considerations, which must be addressed when treating opioid dependency, are first to devise a treatment, which can be completed within a relatively short duration of time and secondly to devise treatment where associated withdrawal symptoms are well controlled and significantly ameliorated. These considerations are amenable to pharmacological intervention. Application of pharmacophysiological neuro receptor based treatment will assure successful completion of the opioid detoxification process and facilitate relapse prevention.

With regard to the first consideration, traditional detoxification methodology has demonstrated that the duration of time required to complete the process is an uncontrollable variable and totally dependent on the removal of the opioid by the body's own metabolic and excretory processes. However, recent discoveries in basic research have uncovered mechanisms, which facilitate a contraction of the withdrawal period. Days and weeks of the prolonged and painful withdrawal process can be decreased to 24-48 hours. The underlying concept of this more recent medical application is that opioid withdrawal occurs when opioid substances are removed from receptors sites and not necessarily from the bloodstream or body.

At Florida Detox, we provide what has proven to be the most successful and compassionate opiate detoxification technique available today. Our patient undergoes a light general anesthesia. The patient is intubated to protect the airway, however, respirations are spontaneous and no mechanical ventilation is required. Utilizing alpha and beta blockade, we prevent the exaggerated autonomic stimulation, which typically occurs with traditional detoxification technique. Our patients do not experience the painful withdrawal symptoms, because we prevent the normal surge of norepinephrine from the locus cereleus in the brain. An opioid antagonist is administered to the patient. This medication removes all the opiate molecules from the receptor sites via competitive inhibition. Receptor sites are saturated with the opiate blocker (antagonist) and therefore none of the opiate may return to the receptors. The withdrawal process is completed in a significantly shorter time frame than that which would be required for all the opioid molecules to be removed from the patient's body.

Non-addictive Naltrexone or Buprenorphine medication prevents cravings, until physical dependency ceases. Dopaminergic and Serotonergic modulation has proven valuable post detox for certain individuals with preexisting psychological abnormalities. Medical follow up and treatment of brain chemistry issues is provided for three months after detoxification. Florida Detox patients receive individualized treatment, not group therapy.

www.floridadetox.com
1501 South Pinellas Ave, Suite P, Tarpon Springs, FL 34689
TEL 727-945-9198 – 888-775-2770 – FAX 727-945-1031

MASSAGE THERAPY

Florida Detox provides two complimentary deep tissue massage therapy sessions upon discharge from the hospital.

After detox, massage therapy will help you with the following:

* Reduce pain and inflammation.
* Remove toxins and metabolic wastes.
* Improve overall circulation and lymph flow.
* Promotes reduction of stress and anxiety.
* Delivers oxygen to cells.
* Promotes muscle relaxation.
* Relieves muscle spasms and cramps.

To schedule your appoinment, please call Andreas Pasiourtis,LMT at 727-858-8690

Florida Detox

Directions

Directions to Hotels from the Tampa International Airport:

After leaving arrival area 1st exit from the airport take to the right. Follow signs to the Clearwater area via highway 60. This road is also known as Courtney Campbell Causeway. Go west on 60 (13 miles) until you get to US 19, Go North for approximately 15 miles, you will pass Alderman Road…next light is Old Post Road entrance to **Westin Innisbrook Resort** is on left. Just past Old Post Road on the right is **Four Points Sheraton.** Continuing north on US Hwy 19 N., next light is Klosterman. Go through light and make a u-turn to the entrance of Holiday Inn. If you continue north on US19, the **Hampton Inn and Suites** are on the left, you must make a u-turn as well to entrance.

Directions from the Clearwater-St. Petersburg Airport to Helen Ellis Hospital:

Make a right as you exit the airport. Head North on 611 also known as McMullen Booth Road. Look for Curlew Road and make a left. Look for US 19 and make a right.(you will be traveling north). Approximately 3 miles look for Klosterman Road and turn left. Make a right at the second light. This will be Pinellas Ave. Helen Ellis Memorial Hospital is located about ¼ mile on the right. **Office is located on the first floor of the hospital.** Go through the main entrance of the hospital. On the left side will be the gift shop. Behind the gift shop will be the Florida Detox office, sign in and someone will be with you shortly.

Directions to Helen Ellis Hospital from Hotels:

Travel north on US Hwy 19. Turn left on Tarpon Ave. (Kmart ,Publix, Wendy's on corner) travel to the next light which is Pinellas Ave and make a left. Approximately ¼ mile on left is Helen Ellis Memorial Hospital. Go through main entrance of the hospital. On the left side will be the gift shop. Behind the gift shop will be the Florida Detox office, sign in and someone will be with you shortly.

If you should need transportation…

Yellow Cab **727-799-2222**
Olympus Limo Service **800-841-8838**
(First trip from the airport to town is complimentary, any other arrangements through Olympus will be at the patients expense)
Enterprise Rental Car **800-736-8222 customer number 42A2651**

Florida Detox

CORPORATE HOTEL RATES:

BEST WESTERN (727) 942-0358
37611 US 19 N.
Palm Harbor, FL 34684

Low Season: May 1 – Dec 31	Standard Room KG/DD $69.00 plus tax
High Season: Jan 1 – Apr 30	Standard Room KG/DD $79.00 plus tax

HAMPTON INN (727) 945-7755
39284 US 19 N.
Tarpon Springs, FL 34689

Low Season:	Dec 13 – Dec 17	$89.00 - $129.00	$79.00 - $99.00
Mid Season:	May 2 – Oct 16	$89.00/119.00/129.00	$79.00/99.00/109.00
High Season:	Dec 18 – May 2	$103.00/134.00/156.00	$93.00/124.00/146.00

HOLIDAY INN (727) 934-5781
38724 US 19 N.
Tarpon Springs, FL 34689

Low Season:	May 1 – Dec 31	Standard Room	$69.00 plus tax
		Pool	$89.00 plus tax
		Suite	$109.00 plus tax
High Season:	Jan 16 – Apr 30	Standard Room	$89.00 plus tax
		Pool	$107.00 plus tax
		Suite	$134.00 plus tax

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1501 S Pinellas Ave, Suite P, Tarpon Springs, FL 34689
TEL 727-945-9198 – 888-775-2770 – FAX 727-945-1031

Clinics, Inc.

Anxiety and Depression Type Questionnaire

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Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, lover or parent) rate you as well. List other person_____

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/ Not Known

Other	Self		
_____	_____	1.	Frequent feelings of nervousness or anxiety
_____	_____	2.	Panic attacks
_____	_____	3.	Avoidance places because of fear of having an anxiety attack
_____	_____	4.	Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
_____	_____	5.	Periods of heart pounding, nausea or dizziness
_____	_____	6.	Tendency to predict the worst
_____	_____	7.	Multiple persistent fears or phobias (such as dying, doing something crazy)
_____	_____	8.	Conflict avoidance
_____	_____	9.	Excessive fear of being judged or scrutinized by others
_____	_____	10.	Quick startle or tendency to freeze in anxiety provoking or intense situations
_____	_____	11.	Seems shy, timid, and easily embarrassed
_____	_____	12.	Bites fingernails or picks skin
_____	_____	13.	Persistent sad, or "empty" mood
_____	_____	14.	Loss of interest or pleasure in activities that are usually fun, including sex
_____	_____	15.	Restlessness, irritability, or excessive crying
_____	_____	16.	Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism
_____	_____	17.	Sleeping too much or too little, early-morning awakening
_____	_____	18.	Appetite and/or weight loss or overeating and weight gain
_____	_____	19.	Decreased energy, fatigue, feeling "slowed down"
_____	_____	20.	Thoughts of death or suicide, or suicide attempts
_____	_____	21.	Difficulty concentrating, remembering, or making decisions
_____	_____	22.	Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain
_____	_____	23.	Persistent negativity or chronic low self-esteem
_____	_____	24.	Persistent feel of being dissatisfied or bored
_____	_____	25.	Excessive or senseless worrying
_____	_____	26.	Upset when things are out of place or things don't go the way you planned
_____	_____	27.	Tendency to be oppositional or argumentative
_____	_____	28.	Tendency to have repetitive negative or anxious thoughts
_____	_____	29.	Tendency toward compulsive behaviors
_____	_____	30.	Intense dislike for change
_____	_____	31.	Tendency to hold grudges
_____	_____	32.	Difficulties seeing options in situations
_____	_____	33.	Tendency to hold on to own opinion and not listen to others
_____	_____	34.	Needing to have things done a certain way or you become very upset

Marvin "Rick" Sponaugle, MD
Curriculum Vitae

Address:

Florida Detox
1501 S. Pinellas Ave.
Suite P
Tarpon Springs, FL 34689
888-775-2770

Certification and Licensure:

Board Certified – American Board of Anesthesiology

Board Certified – American Society of Addiction Medicine

State of Florida Medical License

National Board of Medical Examiners

Education:

West Virginia University, Chemistry, ***Phi Beta Kappa***, 1978

Awards:

- Phi Beta Kappa - National Scholastic Honor Society, 1978
- Awarded one of the four annual State of West Virginia Scholarships for Medical education.
- Alpha Epsilon Delta - National Chemistry Honor Society, 1977
- Who's Who of American Colleges and Universities, 1978
- Awarded National Merit Scholarship from Beta Theta Pi

West Virginia School of Medicine, 1982

Internship:
Internal Medicine; Charleston Area Medical Center,
W.V.U. School of Medicine, Charleston, West Virginia, 1982-1983

Residencies:
Anesthesiology; University of Florida, 1983-1985
Shands Hospital; Gainesville, Florida, July 1983-July 1985

Private Practice/Business Development Experience:

Chief of Anesthesiology, Helen Ellis Memorial Hospital, 1985-2005

Founder and President, North Pinellas Anesthesia, Inc., 1991

- Anesthesiology Services Corporation currently provides over sixty anesthesiologists and nurse anesthetists to nine facilities (hospitals and surgery centers) in Central Florida.

Facilitated growth and business development for Helen Ellis Memorial Hospital with successful recruitment of over 100 surgeons and physicians from competing hospitals. 1985-1992

Medical Director, Countryside Surgery Center, 1992-1996

- Lead physician for development of Physician/Columbia (HCA) LLC. Partnership for new surgery center.
- Opened new surgery center as Medical Director, February 1992

Founded Watermark Pain Treatment Center, 1994

- Hospital joint venture with North Pinellas Anesthesia with expansion to five different treatment locations:
    - Helen Ellis Memorial Hospital
    - HCA - Countryside Surgery Center
    - HCA - St. Petersburg Surgery Center
    - HCA - Lakeland Surgery Center
    - HCA – New Port Richey Surgery Center

Medical Director, Columbia (HCA) Lakeland Surgery Center, 1995-1996

- Assisted business development of Physician/Columbia (HCA) LLC partnership for new surgery center, July 1995
- Opened new surgery center as Medical Director, July 1995

Medical Director, Columbia (HCA) St. Petersburg Surgery Center, 1996

- Assisted business development of Physician/Columbia (HCA) LLC. partnership for new surgery center, 1996
- Opened new surgery center as Medical Director, 1996

Chairman Finance Committee, 1998-2000

- Physician Hospital Partnership in which the doctors and hospital merge financial insurance risk for Medicare/United Health Care patients.

...ner and Medical Director of Florida Detox, 2000-Present

- Florida Detox has received national recognition for advancing detoxification techniques and addiction treatment based on brain chemistry correlation with personality profiles.
- Florida Detox receives patient referrals from cardiac transplant centers, professors at major universities, and physicians throughout the United States and Canada.

Media Coverage:

Feature Stories "Pioneer in Addiction Medicine"

Dr. Phil refers two patients to Florida Detox, states "Florida Detox has an Amazing Detoxification Technique," August 2005 *and* October 2005

CNN with Anderson Cooper, "Advanced Addiction Treatment" July 2004

ABC National News Network, "Chronic back pain patient undergoes revolutionary detoxification from pain medicine" June 2003

Associated Press National Coverage, "Advanced detoxification technique reduces time away from work and family" October 2003

Tampa Tribune feature story, "Advanced detoxification technique reduces time away from work and family" October 2003

Orlando Sentinel feature story, "Advanced detoxification clinic frees patient from oxycontin addiction" October 2003

Good Morning Tampa Bay, "Revolutionary treatment gives back the life of a 55 year-old mother and wife addicted to Xanax and pain medications" August 2003

ABC News, Channel 10, Tampa Bay Network News, 2003

FOX News, Channel 13, "Advanced Addiction Treatment" 2003

NBC News, Channel 8, "Young mother with baby thankful for Florida Detox giving her life back" 2003

Bay News 9, Tampa Bay "More scientific detoxification for pain medication" 2003

MD News - Cover Story, "Pioneer in opiate detoxification" 2003

USAToday.com interview, "Indiana patient goes to Florida Detox for opiate addiction, back to work in one week" 2002

Ricki Lake, featured "Advanced Heroin Treatment" – Refers three "Teenagers in Trouble" to Dr. Sponaugle in Florida for revolutionary addiction treatment, 2000

Guest Speaker

National Radio Network, *VoiceAmerica.com*, 2006

Atlanta Radio, 2003

WFLZ Tampa Bay 93.3 F.M., 2003

Florida Worker's Compensation Case Managers Annual Meeting, 2004
"Brain Chemistry and Addiction"