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The opportunities to reduce your footprint are similar, whether you're running

## THE OFFICE

# Greening Your Practice

Physicians in private practice have a potentially large role to play in reducing medicine's impact on the environment.

a large hospital or a small- to moderate-sized private practice.

There's no right or wrong way to approach this effort. Multiple points of intervention can make a difference, but the emphasis will vary depending on the practice's location, its size, and the urgency of the issues at hand. All practices, however, can start to make progress simply by looking at the flow of material coming in the

front door and going out the back door.

Instituting a recycling program can go a long way toward reducing the volume of waste. So can converting from disposable to washable patient robes, to e-mail in lieu of paper-based communication, and to printing double-sided documents, when a paperless route isn't an option.

Energy efficient light bulbs are other simple way to reduce consumption.

Looking further upstream, consider the impact that your medical and office supply purchasing choices have on the environment. Practices that are able to band together in group purchasing organizations can have an enormous influence. When purchasers express an interest in environmental impacts of their choices, manufacturers listen. Even if you are not in a group purchasing arrangement, try voicing your concerns to manufacturers. Ask them for more clarity and transparency about what's in the products that you buy so that you can make more informed decisions. Ask them to reduce the amount of unnecessary packaging they use in shipping.

Big changes can occur when consumers let their wishes be known. For example, for years, highly toxic flame retardant chemicals were standard in all types of electronics such as computers. Such chemicals present a significant problem when it comes time to dispose of these technologies. In response to consumer pressure, several manufacturers have stepped up to phase out particularly toxic flame retardants.

Another hazardous material that's still common in smaller health care settings is mercury. Not too long ago, the health care sector was responsible for as much as 10% of the mercury levels emitted from waste incinerators. But pressure on suppliers led to increased use of mercury-free products.

Depending on the size of your practice, you also may be able to make considerable strides in energy efficiency. In many areas of the country, energy consumers can negotiate with competing suppliers to lock in a contracted price per kilowatt hour for the year. When energy companies compete with each other in a reverse auction to get your contract, prices drop. Consumers can also specify that a certain percentage of the energy come from renewable sources, such as solar, wind, or hydropower.

Encourage patients to avoid flushing unused prescription drugs down the toilet. Water treatment facilities are unable to eliminate most of these chemicals from the water system and trace amounts of pharmaceuticals have been found in streams and rivers across the country. Some pharmacies and municipalities have started take-back campaigns to safely dispose of unused medications. Another tactic is to avoid prescribing a large amount of a new drug, when a trial week might help determine if it's effective and well tolerated.

Don't know where to start? Try visiting the Web site of Health Care Without Harm at <http://www.noharm.org> and Practice Greenhealth, [www.practicegreenhealth.org](http://www.practicegreenhealth.org). These sites can help providers design a roadmap for what they can do tomorrow and in the months and years to come. ■

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### LIDODERM® (Lidocaine Patch 5%)

#### Rx only

**Brief Summary** (For full Prescribing Information refer to package insert.)

#### INDICATIONS AND USAGE

LIDODERM is indicated for relief of pain associated with post-herpetic neuralgia. It should be applied only to **intact skin**.

#### CONTRAINDICATIONS

LIDODERM is contraindicated in patients with a known history of sensitivity to local anesthetics of the amide type, or to any other component of the product.

#### WARNINGS

##### Accidental Exposure in Children

Even a used LIDODERM patch contains a large amount of lidocaine (at least 665 mg). The potential exists for a small child or a pet to suffer serious adverse effects from chewing or ingesting a new or used LIDODERM patch, although the risk with this formulation has not been evaluated. It is important for patients to **store and dispose of LIDODERM out of the reach of children, pets, and others.** (See HANDLING AND DISPOSAL.)

##### Excessive Dosing

Excessive dosing by applying LIDODERM to larger areas or for longer than the recommended wearing time could result in increased absorption of lidocaine and high blood concentrations, leading to serious adverse effects (see ADVERSE REACTIONS, Systemic Reactions). Lidocaine toxicity could be expected at lidocaine blood concentrations above 5 µg/mL. The blood concentration of lidocaine is determined by the rate of systemic absorption and elimination. Longer duration of application, application of more than the recommended number of patches, smaller patients, or impaired elimination may all contribute to increasing the blood concentration of lidocaine. With recommended dosing of LIDODERM, the average peak blood concentration is about 0.13 µg/mL, but concentrations higher than 0.25 µg/mL have been observed in some individuals.

#### PRECAUTIONS

##### General

**Hepatic Disease:** Patients with severe hepatic disease are at greater risk of developing toxic blood concentrations of lidocaine, because of their inability to metabolize lidocaine normally.

**Allergic Reactions:** Patients allergic to para aminobenzoic acid derivatives (procaine, tetracaine, benzocaine, etc.) have not shown cross sensitivity to lidocaine. However, LIDODERM should be used with caution in patients with a history of drug sensitivities, especially if the etiologic agent is uncertain.

**Non-intact Skin:** Application to broken or inflamed skin, although not tested, may result in higher blood concentrations of lidocaine from increased absorption. LIDODERM is only recommended for use on intact skin.

**Eye Exposure:** The contact of LIDODERM with eyes, although not studied, should be avoided based on the findings of severe eye irritation with the use of similar products in animals. If eye contact occurs, immediately wash out the eye with water or saline and protect the eye until sensation returns.

##### Drug Interactions

**Antiarrhythmic Drugs:** LIDODERM should be used with caution in patients receiving Class I antiarrhythmic drugs (such as tocainide and mexiletine) since the toxic effects are additive and potentially synergistic.

**Local Anesthetics:** When LIDODERM is used concomitantly with other products containing local anesthetic agents, the amount absorbed from all formulations must be considered.

##### Carcinogenesis, Mutagenesis, Impairment of Fertility

**Carcinogenesis:** A minor metabolite, 2, 6-xylydine, has been found to be carcinogenic in rats. The blood concentration of this metabolite is negligible following application of LIDODERM.

**Mutagenesis:** Lidocaine HCl is not mutagenic in Salmonella/mammalian microsome test nor clastogenic in chromosome aberration assay with human lymphocytes and mouse micronucleus test.

**Impairment of Fertility:** The effect of LIDODERM on fertility has not been studied.

##### Pregnancy

**Teratogenic Effects: Pregnancy Category B.** LIDODERM (lidocaine patch 5%) has not been studied in pregnancy. Reproduction studies with lidocaine have been performed in rats at doses up to 30 mg/kg subcutaneously and have revealed no evidence of harm to the fetus due to lidocaine. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, LIDODERM should be used during pregnancy only if clearly needed.

##### Labor and Delivery

LIDODERM has not been studied in labor and delivery. Lidocaine is not contraindicated in labor and delivery. Should LIDODERM be used concomitantly with other products containing lidocaine, total doses contributed by all formulations must be considered.

##### Nursing Mothers

LIDODERM has not been studied in nursing mothers. Lidocaine is excreted in human milk, and the milk: plasma ratio of lidocaine is 0.4. Caution should be exercised when LIDODERM is administered to a nursing woman.

#### Rx only

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#### Pediatric Use

Safety and effectiveness in pediatric patients have not been established.

#### ADVERSE REACTIONS

##### Application Site Reactions

During or immediately after treatment with LIDODERM (lidocaine patch 5%), the skin at the site of application may develop blisters, bruising, burning sensation, depigmentation, dermatitis, discoloration, edema, erythema, exfoliation, irritation, papules, petechia, pruritus, vesicles, or may be the locus of abnormal sensation. These reactions are generally mild and transient, resolving spontaneously within a few minutes to hours.

##### Allergic Reactions

Allergic and anaphylactoid reactions associated with lidocaine, although rare, can occur. They are characterized by angioedema, bronchospasm, dermatitis, dyspnea, hypersensitivity, laryngospasm, pruritus, shock, and urticaria. If they occur, they should be managed by conventional means. The detection of sensitivity by skin testing is of doubtful value.

##### Other Adverse Events

Due to the nature and limitation of spontaneous reports in postmarketing surveillance, causality has not been established for additional reported adverse events including:

Asthenia, confusion, disorientation, dizziness, headache, hyperesthesia, hypoesthesia, lightheadedness, metallic taste, nausea, nervousness, pain exacerbated, paresthesia, somnolence, taste alteration, vomiting, visual disturbances such as blurred vision, flushing, tinnitus, and tremor.

##### Systemic (Dose-Related) Reactions

Systemic adverse reactions following appropriate use of LIDODERM are unlikely, due to the small dose absorbed (see CLINICAL PHARMACOLOGY, Pharmacokinetics). Systemic adverse effects of lidocaine are similar in nature to those observed with other amide local anesthetic agents, including CNS excitation and/or depression (light-headedness, nervousness, apprehension, euphoria, confusion, dizziness, drowsiness, tinnitus, blurred or double vision, vomiting, sensations of heat, cold, or numbness, twitching, tremors, convulsions, unconsciousness, respiratory depression, and arrest). Excitatory CNS reactions may be brief or not occur at all, in which case the first manifestation may be drowsiness merging into unconsciousness. Cardiovascular manifestations may include bradycardia, hypotension, and cardiovascular collapse leading to arrest.

#### OVERDOSAGE

Lidocaine overdose from cutaneous absorption is rare, but could occur. If there is any suspicion of lidocaine overdose (see ADVERSE REACTIONS, Systemic Reactions), drug blood concentration should be checked. The management of overdose includes close monitoring, supportive care, and symptomatic treatment. Dialysis is of negligible value in the treatment of acute overdose with lidocaine.

In the absence of massive topical overdose or oral ingestion, evaluation of symptoms of toxicity should include consideration of other etiologies for the clinical effects, or overdosage from other sources of lidocaine or other local anesthetics.

The oral LD<sub>50</sub> of lidocaine HCl is 459 (346-773) mg/kg (as the salt) in non-fasted female rats and 214 (159-324) mg/kg (as the salt) in fasted female rats, which are equivalent to roughly 4000 mg and 2000 mg, respectively, in a 60 to 70 kg man based on the equivalent surface area dosage conversion factors between species.

#### DOSE AND ADMINISTRATION

Apply LIDODERM to intact skin to cover the most painful area. Apply up to three patches, only once for up to 12 hours within a 24-hour period. Patches may be cut into smaller sizes with scissors prior to removal of the release liner. (See HANDLING AND DISPOSAL) Clothing may be worn over the area of application. Smaller areas of treatment are recommended in a debilitated patient, or a patient with impaired elimination.

If irritation or a burning sensation occurs during application, remove the patch (es) and do not reapply until the irritation subsides.

When LIDODERM is used concomitantly with other products containing local anesthetic agents, the amount absorbed from all formulations must be considered.

#### HANDLING AND DISPOSAL

Hands should be washed after the handling of LIDODERM, and eye contact with LIDODERM should be avoided. Do not store patch outside the sealed envelope. Apply immediately after removal from the protective envelope. Fold used patches so that the adhesive side sticks to itself and safely discard used patches or pieces of cut patches where children and pets cannot get to them. LIDODERM should be kept out of the reach of children.

Store at 25°C (77°F); excursions permitted to 15°-30°C (59°-86°F). [See USP Controlled Room Temperature].

Manufactured for:  
Endo Pharmaceuticals Inc.  
Chadds Ford, Pennsylvania 19317



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