

Extended-release naltrexone promising for opioid dependence

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proportion of total number of opioid-negative urine drug tests (difference, 0.1; 95 percent confidence interval, -0.04 to 0.2; P confidence interval, -4.6 to -0.9; P

"Extended-release [naltrexone](#) was as effective as buprenorphine-naloxone in maintaining short-term abstinence from [heroin](#) and other [illicit substances](#) and should be considered as a treatment option for opioid-dependent individuals," the authors write.

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(HealthDay)—Extended-release naltrexone is noninferior to buprenorphine-naloxone for maintaining short-term abstinence from heroin and other illicit substances, according to a study published online Oct. 18 in *JAMA Psychiatry*.

Lars Tanum, M.D., from The University of Oslo in Norway, and colleagues conducted a 12-week, multicenter trial at five urban addiction clinics in Norway. Opioid-dependent adults were recruited and randomized to daily oral flexible-dose buprenorphine-naloxone (79 individuals) or extended-release naltrexone hydrochloride (80 individuals).

The researchers found that retention was noninferior in the extended-release naltrexone group versus the buprenorphine-naloxone group (difference, -0.1; 95 percent confidence interval, -0.2 to 0.1; P = 0.04), with mean time of 69.3 and 63.7 days, respectively (P = 0.33, log-rank test). Extended-release naltrexone was noninferior to buprenorphine-naloxone in terms of the group

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