



Kratom in the Community: Education, Advocacy, and Regulation

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What is Kratom?

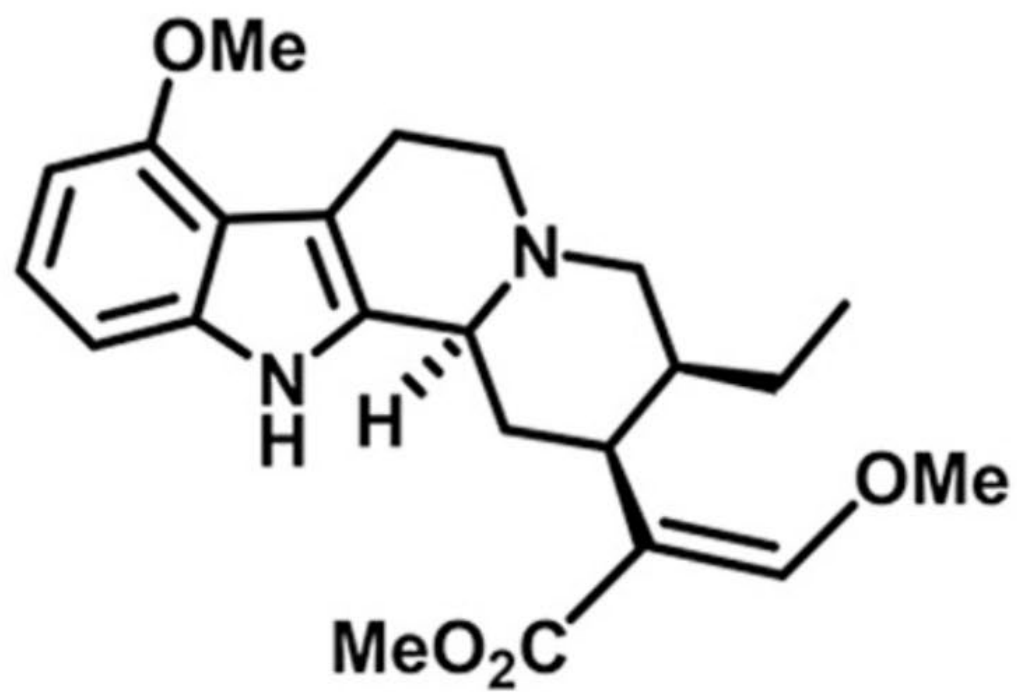
Mitragyna Speciosa - A tropical evergreen tree native to Southeastern Asia

Traditional Use:

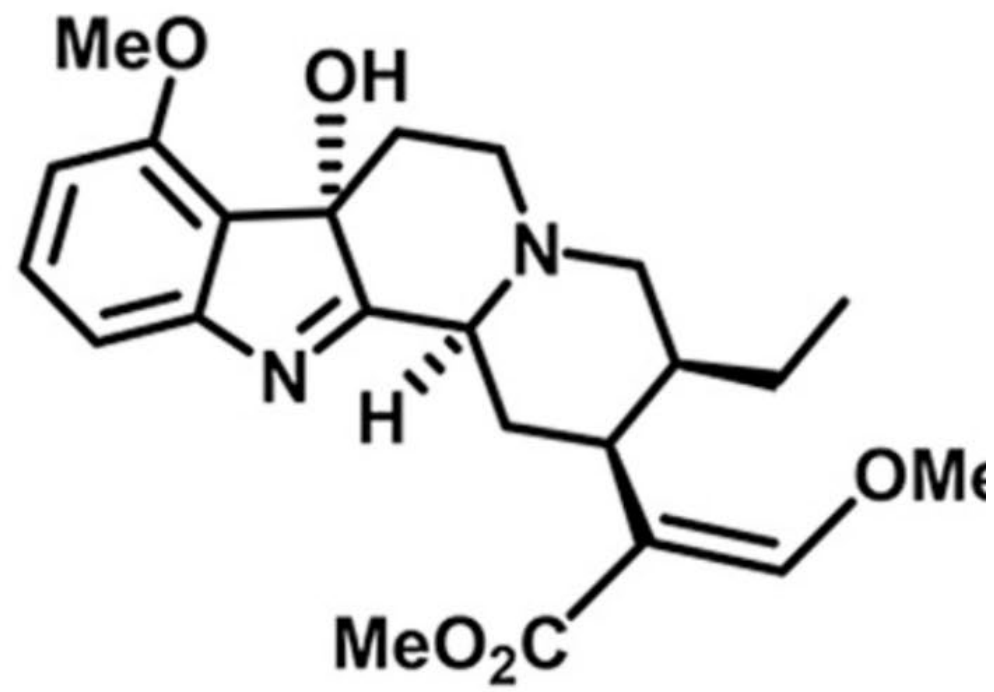
- Increase energy
- Manage pain
- Alleviate opium withdrawal

Current use:

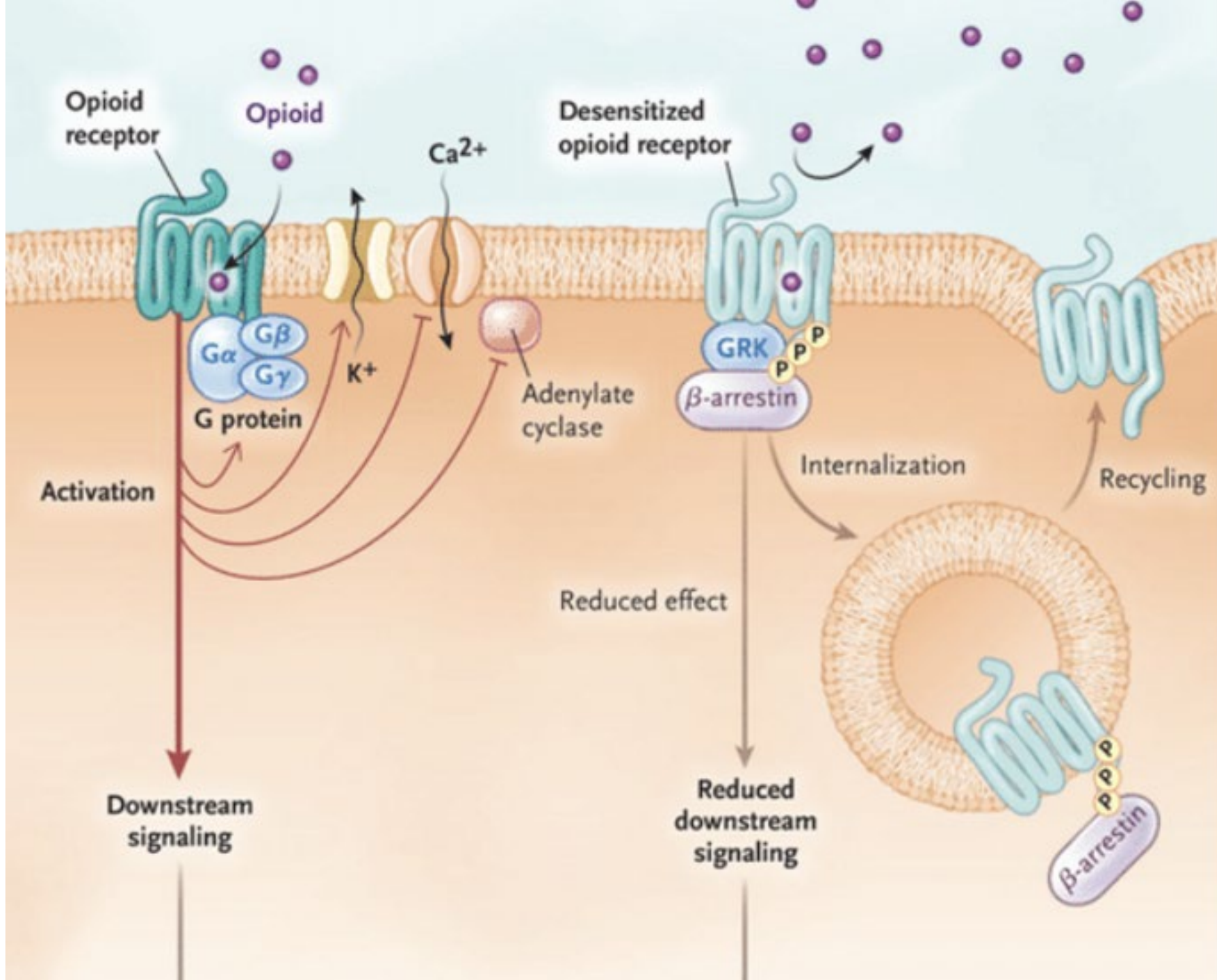
- Potential medical therapy for pain management or opioid withdrawal
 - Primary alkaloids bind opioid receptor
 - Decreased Beta-arrestin recruitment



mitragynine



7-hydroxymitragynine



Opioid Tolerance in Critical Illness-
 Scientific Figure on ResearchGate.
 Available from:
https://www.researchgate.net/figure/Opioid-Receptor-Signaling-during-Short-Term-Therapy-and-Long-Term-Therapy_fig2_330599965 [accessed 5 Nov 2025]

	Mitragynine	7-hydroxymitragynine
Active alkaloid in natural leaf	12-66%	0.01 – 0.04%
Concentration in synthetic products	N/A	Up to 98%
Potency at Mu-opioid receptor	Low potency - Weak partial agonist	High potency 10-13x greater than morphine
Risk profile	Risks associated with co-use of other CNS depressants	High risk of respiratory depression and potential for dependence
Products	Found naturally in whole – leaf products	Produced synthetically creating highly concentrated extracts

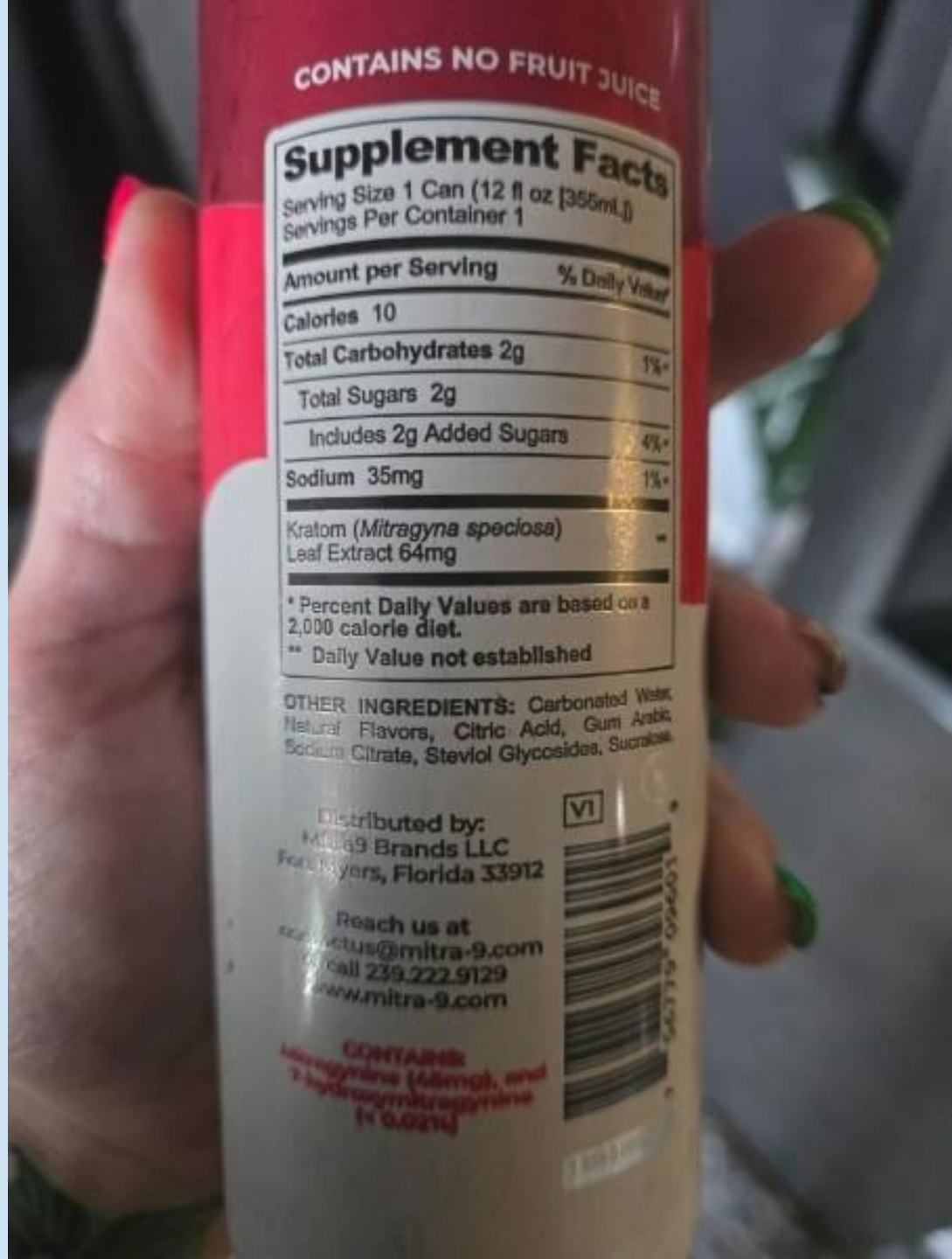
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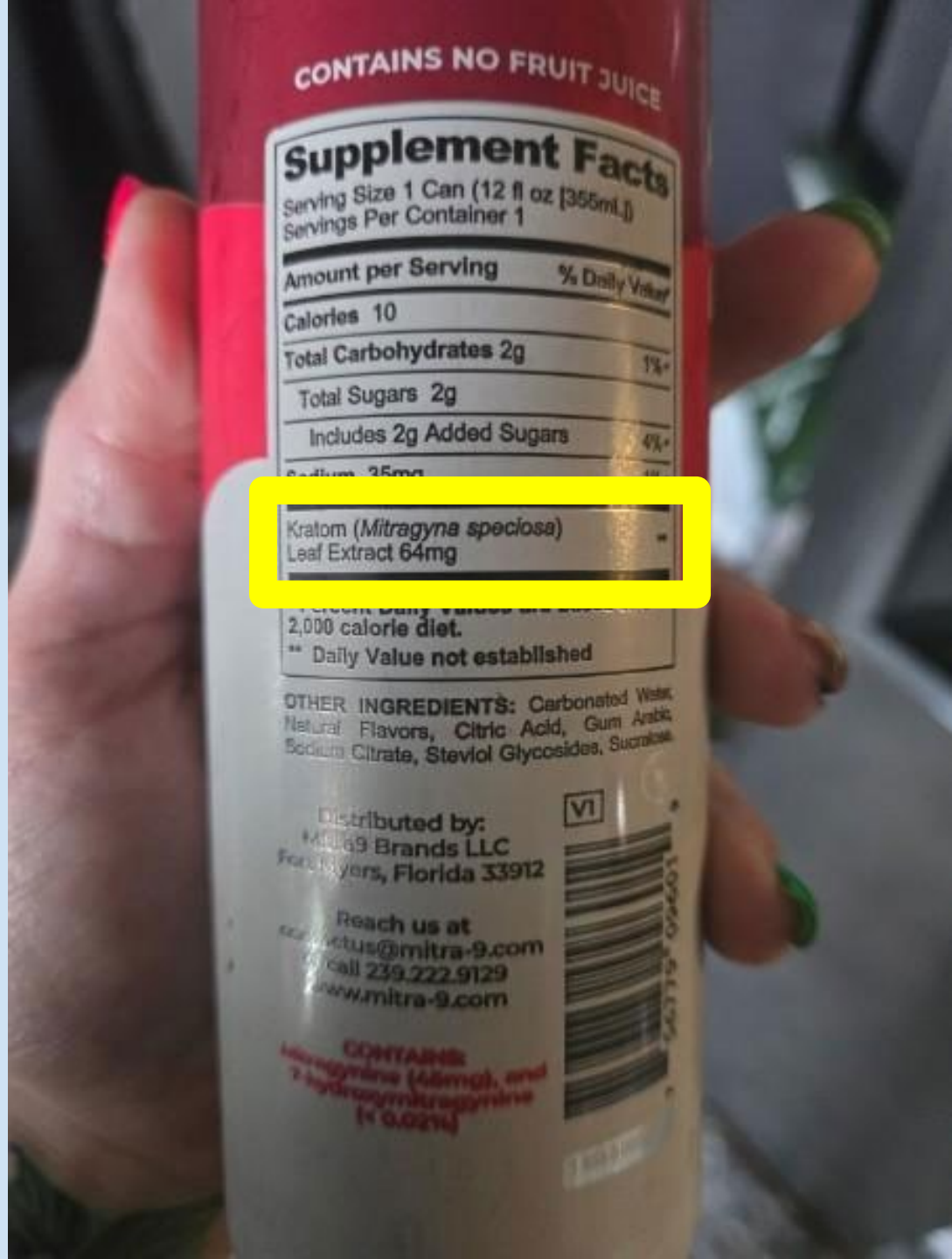
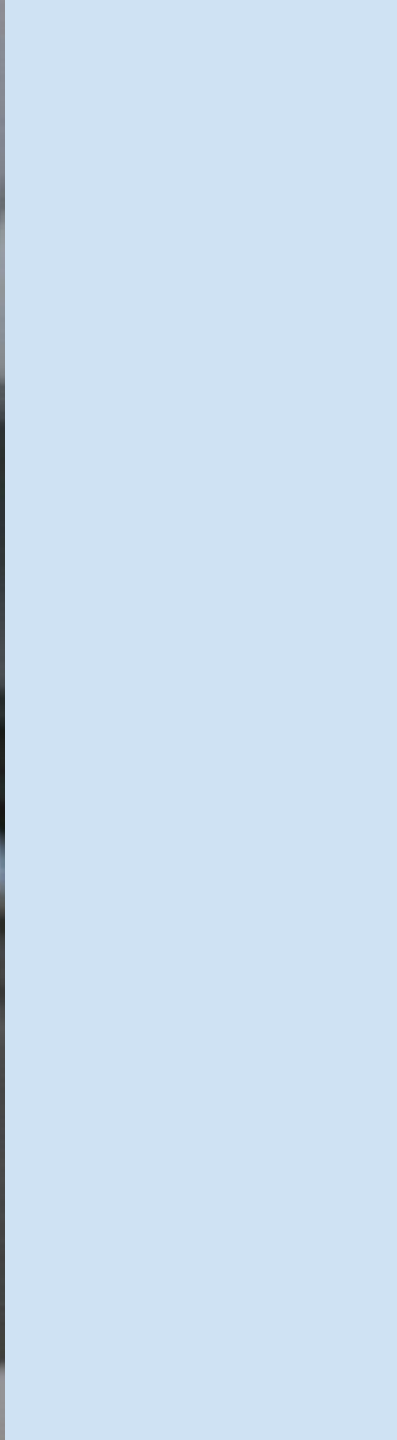
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Potency at Mu-opioid receptor	Low potency - Weak partial agonist	High potency - 10-100x greater than morphine
Risk profile	Risks associated with use of other CNS depressants	High risk of respiratory depression and potential for dependence
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“Kratom”

Where can you find it?

- Gas stations
- Grocery stores
- Vape shops
- Dispensaries
- Online







Brain microglia:
Neuroinflammation

Spinal chord and dorsal root ganglion:
Pain and sensory perception

Lungs:
Decreased respiration

Kidney:
Renal failure and urinary retention

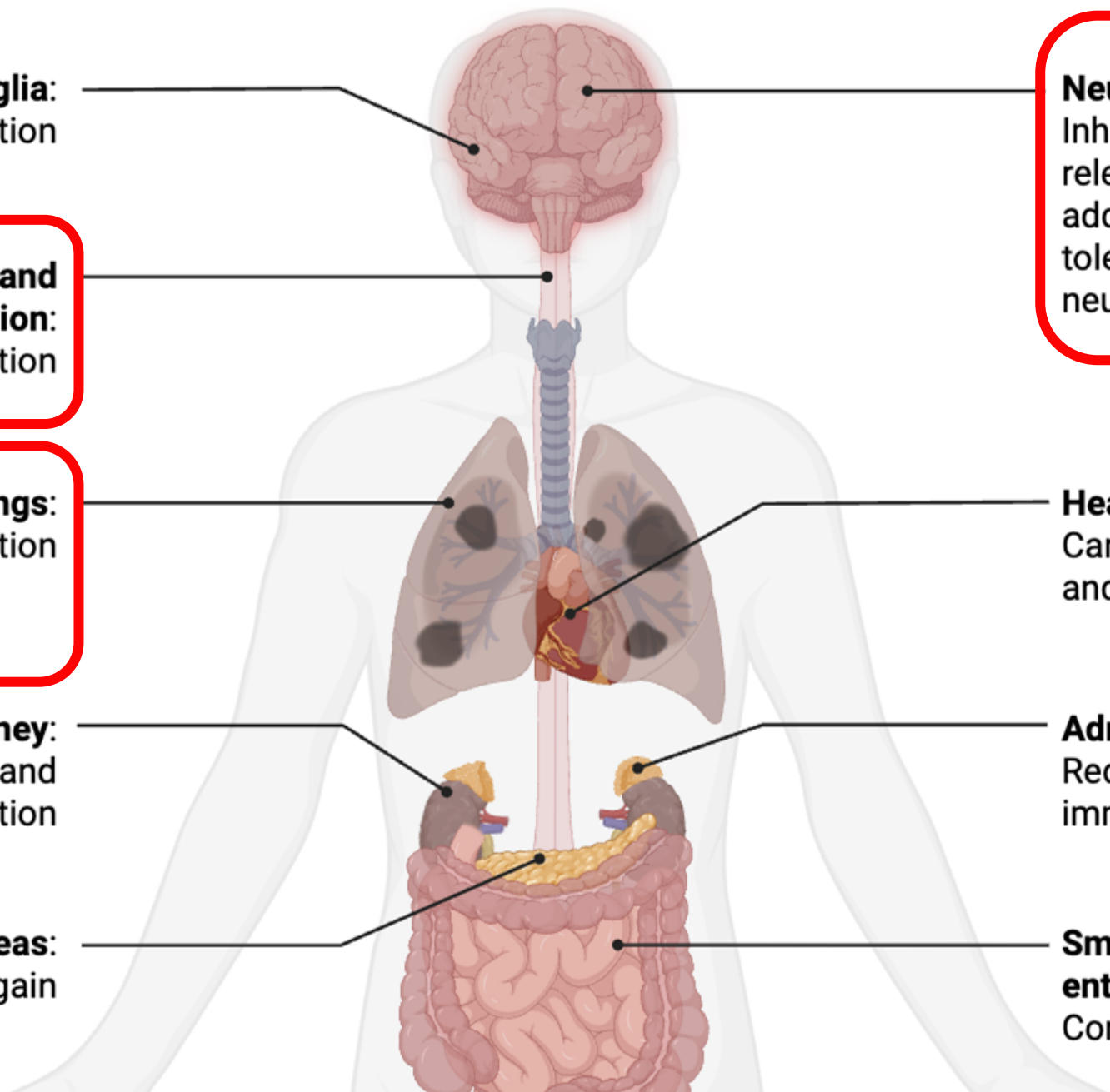
Pancreas:
Weight gain

Neurons:
Inhibition of neurotransmitter release, pain relief, euphoria, addiction, respiratory depression, tolerance, dependance, and neurotoxicity

Heart:
Cardioprotection and bradycardia

Adrenal gland:
Reduced cortisol and immune and stress response

Small intestine and enteric system:
Constipation





Low doses/potency: stimulant effects

- Increased alertness
- Physical energy
- Talkativeness

High doses/potency: sedative effects

- sedation
- constipation
- seizures
- **RESPIRATORY DEPRESSION**

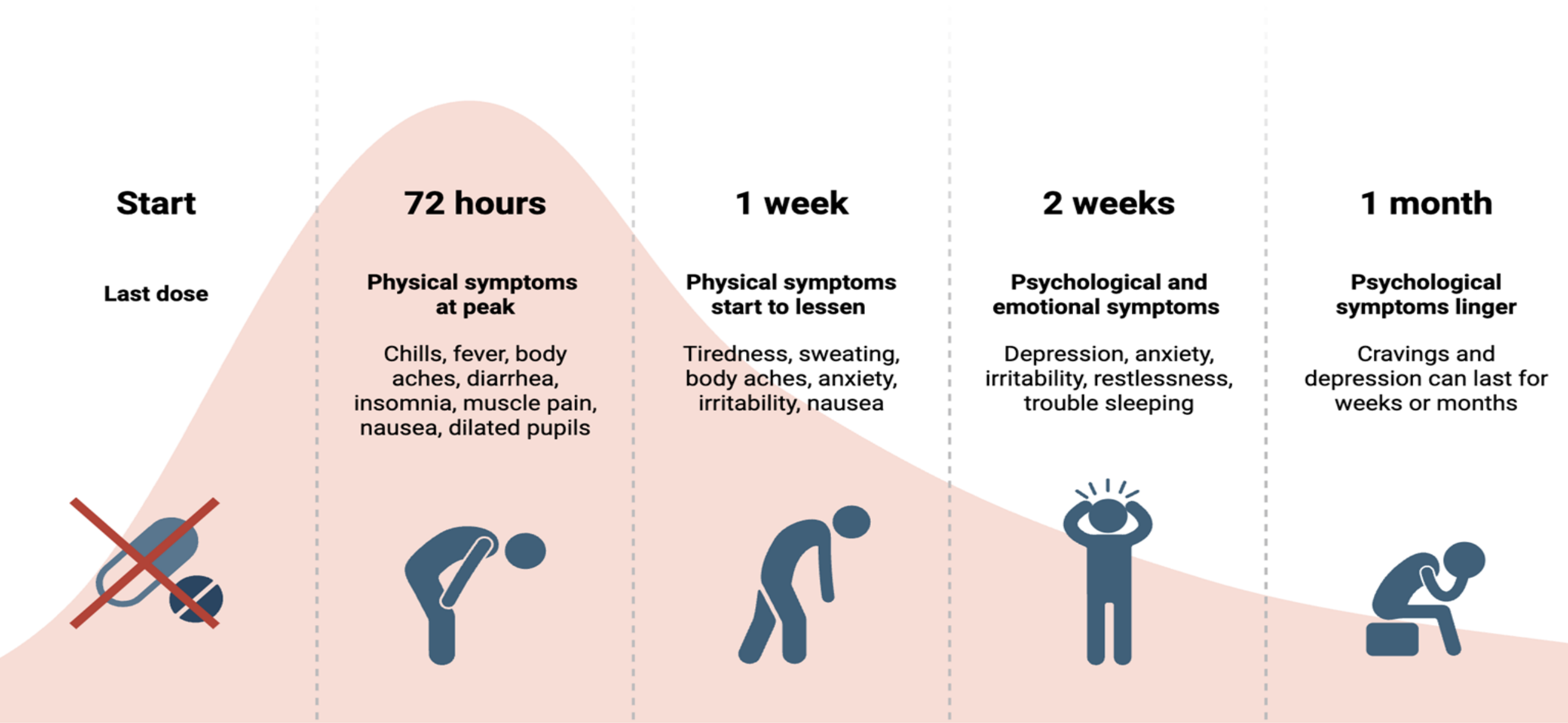
Long term:

- Dependence
 - Psychosis (hallucinations, delusions, confusion etc.)
 - Hepatic metabolization – Drug-Drug Interactions
 - Withdrawal - Wt. loss, insomnia, restless legs
-

Clinical management

- Are you using kratom?
- What type of kratom are you using?
- What is the brand name?

Signs and Symptoms of Opioid Withdrawal



Start

Last dose



72 hours

Physical symptoms at peak

Chills, fever, body aches, diarrhea, insomnia, muscle pain, nausea, dilated pupils



1 week

Physical symptoms start to lessen

Tiredness, sweating, body aches, anxiety, irritability, nausea



2 weeks

Psychological and emotional symptoms

Depression, anxiety, irritability, restlessness, trouble sleeping



1 month

Psychological symptoms linger

Cravings and depression can last for weeks or months

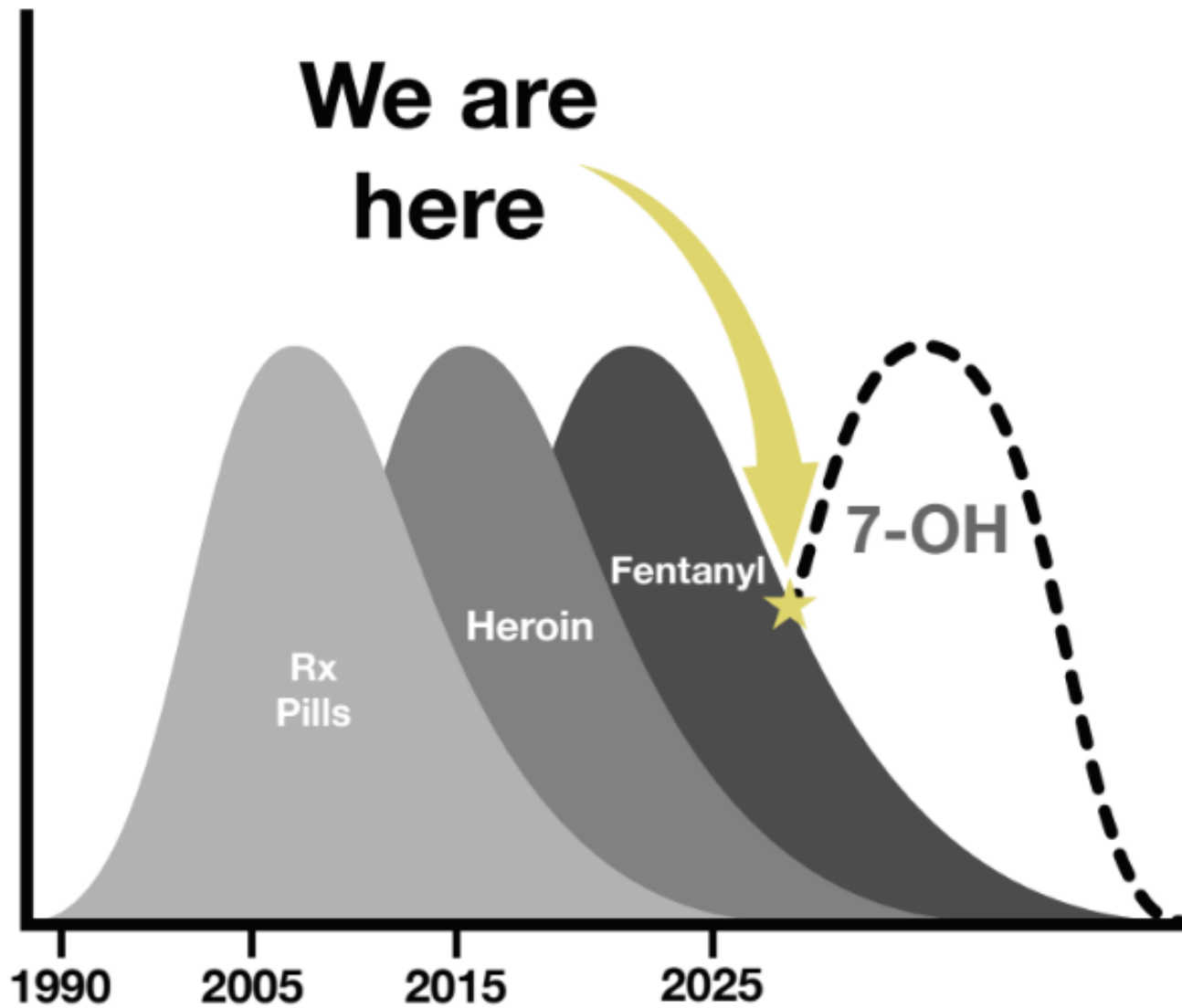


Clinical Management

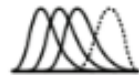
- **Supportive care - ABC's**
- **Sedation or respiratory depression - Naloxone**
 - Naloxone - if a patient is using 7-OH recommend naloxone prescription
- **Hepatotoxicity**
 - Discontinue Kratom use
- **Withdrawal**
 - 1st line – Buprenorphine
 - 2nd line/alternate supportive reasoning: clonidine, gabapentin
- **No role for GI decontamination due to rapid absorption after ingestion**

Community Management

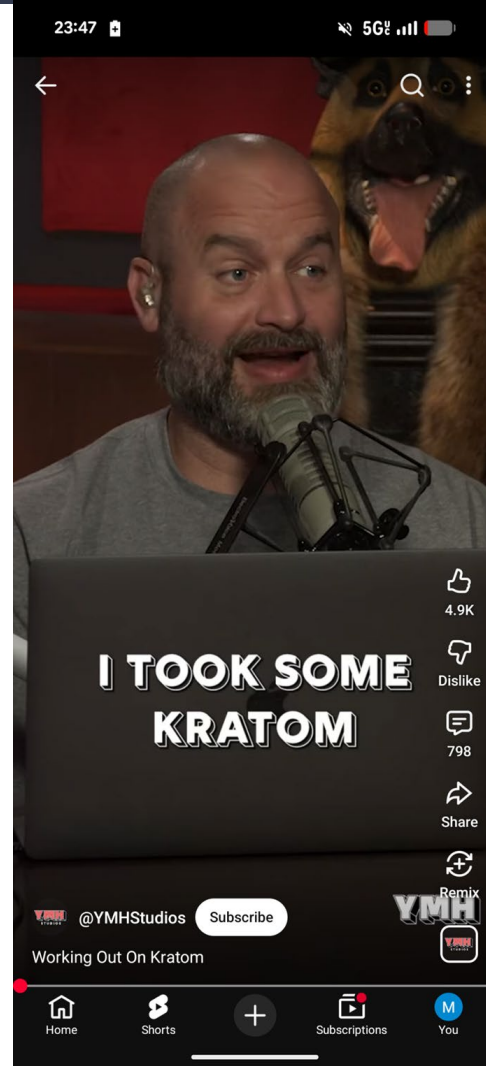
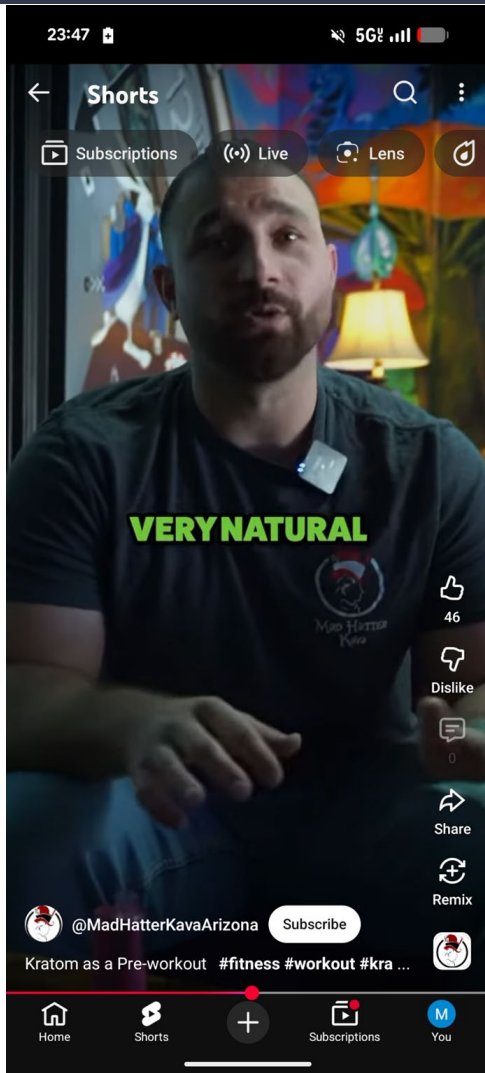
- **Awareness of Kratom and Risks with Use**
 - Unique challenges for individuals with history of opioid use disorder or adolescents
 - Risk of introduction without barriers to access
- **Local regulation (ex: Yellowstone County)**
- **Community programs and education for risk reduction**
 - Naloxone cabinets, overdose education and naloxone kits, etc.



Note: The next potential phase of the opioid crisis may be defined by the emergence of novel synthetic opioids like 7-OH, combined with an increasing prevalence of concurrent use of opioids and other controlled substances.



Increased Risk to Adolescent Populations



Increased Risk to Adolescent Populations

PaylessKratom

Search for products...



Brands ▾ Kratom ▾ 7OH ▾ Pseudo ▾ Kanna Kava ▾ Energy ▾ Botanicals+ ▾ Nootropics ▾ Various ▾ Sales ▾ About Us ▾

Your Source for Kratom & 7OH

Explore Capsules, Extracts, and Botanicals Online

Explore Capsules, Extracts, and Botanicals Online 7OH and Pseudo have been showing up more in the alt product space lately, and there's a lot of curiosity around them. They're related to kratom, a herbal leaf traditionally used in Southeast Asia which contains naturally occurring alkaloids like mitragynine and 7-hydroxymitragynine. Over time, some of these compounds have been studied, refined, or isolated into new forms, including ones like 7OH and Mitragynine Pseudoindoxyl. At Payless Kratom, we stock a wide variety of botanical and specialty products from legacy brands and emerging names alike. From capsules and tablets to powders and extracts, there's always something new to check out. Whether you're exploring for the first time or just re-upping something you like, we've got you covered.

Age Verification

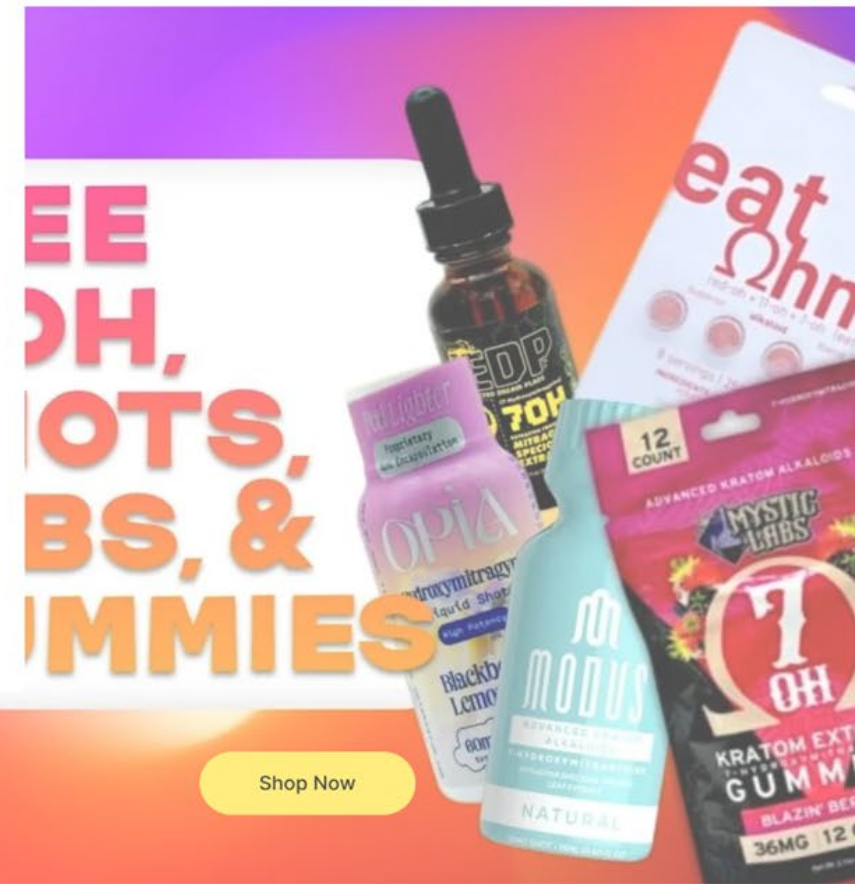
By clicking enter, I certify that I am over the age of 21 and will comply with the above statement.

Enter

OR

Exit

Always enjoy responsibly.



Neonatal and Pediatric Considerations:



Neonatal Abstinence Syndrome

- Irritability with inability to console, inconsistent feeding and vitals, prolonged withdrawal symptoms
- Study of poison control contacting regarding Kratom from 2011 – 2017:
 - 48 exposures in children under 12
 - 2/3 of exposure occurred in the last 2 years of the study
 - ~50% resulted in serious medical outcomes



WHY DOES THIS MATTER FOR MONTANA?



WHY DOES THIS MATTER FOR MONTANA?

- Rural access
- Challenges in SUD management
- High risk populations
- Lack of current legislation



Kratom use: The 2022-2023 National Survey on Drug Use and Health (NSDUH) estimates about **8,000** people in Montana, ages 12 or older, consumed kratom in the past year



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

TABLE 1. KRATOM-RELATED DATA BY YEAR, MONTANA.

Indicator	2018	2019	2020	2021	2022	2023	2024	Total
Unintentional overdose deaths – Kratom detected	n/a	8	7	5	6	6	13	45
Unintentional overdose deaths – Kratom present, at least one other drug contributing to death	n/a	7	5	4	6	6	7	35
Poison Control – Kratom exposures	7	8	4	5	9	10	5	48

Current Legislation Regarding Kratom in Montana

<u>MONTANA</u>	
Statute(s), regulation(s) and initial effective date(s)	None.
Substantive amendment(s) to statewide law(s)	N/A
Is kratom or its related substances controlled?	N/A
Defined term(s)	N/A
Limitations on possession, distribution, sale, or manufacture	N/A
Product label requirements	N/A
Penalties for violations	N/A
Other statewide provisions of note	N/A
Local regulation(s)	LAPPA is not aware of any local regulations or ordinances addressing kratom.
Recently proposed legislation	None.

Local Regulation

- **Yellowstone County**

- RiverStone Health - prohibition on the sale of kratom in all licensed retail food and drink establishments. (Covers powders, teas, shots, and extracts)
- Based on the Montana Food Code

- **Blackfeet Indian Reservation**

- The Blackfeet Tribal Business Council - ordinance banning both the sale and possession of kratom on the reservation.

EDUCATIONAL GUIDE

KRATOM

A brief educational guide for clinicians about what Kratom is, why and how it is used, and clinical management.



Report an Adverse Event

If you have a bad reaction to a product containing 7-OH, let the FDA know.

You can report an adverse event by using the FDA's [MedWatch Safety Information and Adverse Event Reporting Program](#):

- Complete and [submit the report online](#).
- [Download the form](#) or call 1-800-332-1088 to request a reporting form sent to you in the mail, then complete and return to the address on the form or submit it by fax to 1-800-FDA-0178.

<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm>



Thank you!

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References:

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- https://www.dea.gov/sites/default/files/2020-06/Kratom-2020_0.pdf
- <https://bills.legmt.gov/>
- [Emerging Use of Kratom in US: Kratom Use Disorder Experts Propose Decision-Making Algorithm for Clinicians | Johns Hopkins Medicine](#)
- [Best Practices in Managing Patients with OUD who use Kratom; Cornel N. Stanciu, MD,MRO,FAPA,FASAM Thomas M. Penders, MS,MD](#)
- [Preventing The Next Wave of the Opioid Epidemic: What You Need to Know About 7-OH – FDA](#)
- <https://www.fda.gov/news-events/public-health-focus/hiding-plain-sight-7-oh-products>
- <https://www.biorender.com/>
- [Substance Use and Mental Health Services Administration. Data Analysis System.](#)
- [MT DPHHS State Kratom Public Handout](#)