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| |  |  | | --- | --- | |  |  | |  |  |  Opioid Pain Control Facts:  |  |  | | --- | --- | | 01 | Opioid addiction can happen to anyone, often before they even realize it. While not everyone who uses opioids will get addicted, every user is at risk. | | 02 | We can think of opioid abuse as a medical illness that is governed by things inside of us and outside of us. | | 03 | It takes a couple of weeks to become physically dependent on an opioid, but that varies by individual. | | 04 | Opiates are highly addictive and give the brain a false sense of euphoria. And if opiates are misused or taken for an extended period of time, the body is able to build up a tolerance, needing more and more of the drug in order to get that high or pain relief. | | |  |  | | --- | --- | |  | | |  |  | |  | Potential dangers and side effects   * Drowsiness * Confusion * Nausea * Constipation * Respiratory Depression * Uncontrollable Cravings * Weight Loss * Frequent Flu-Like Symptoms * Changes in Sleep Habits * Isolation from Family/Friends * New Financial Difficulties   Alternative Pain Control Measures:   * Cold and Heat * Exercise * Physical/Occupational Therapy * Yoga * Therapeutic Massage * Music Therapy | | |  |  | | --- | --- | |  | | | Opioid Crisis | | |  | |

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| Outside Educational Resources:   * [www.prevention.org](http://www.prevention.org) * [www.operationprevention.com](http://www.operationprevention.com) * [www.cdc.gov](http://www.cdc.gov) * [www.who.int](http://www.who.int)   Safe Opioid Use:  **Tell all of your providers about all of the drugs you're taking.**  **Order all your medications through the same pharmacy whenever possible.**  **Read the instructions and warnings on the drug safety information sheet stapled to your prescription.**  **Report side effects to your doctor right away.**  **Check the expiration date on your pill bottle.** |  |  | | |
| |  | | --- | | "Addiction is a disease that makes you too selfish to see the havoc you created or care about the people whose lives you have shattered.”  \\ |  |  |  |  |  | | --- | --- | --- | --- | |  |  | |  | | --- | |  | | | | |  | |  |  | | --- | --- | | Get lowest effective dosage | Establish realistic treatment goals | | | | Sign agreement papers for long-term opioid medication usage | Get help minimizing withdrawals when stopped usage | |  |  | |