

OPIOID FACT SHEET

How prescription pain relievers put our community at risk

Communities across the United States are in the midst of an opioid epidemic.

Opioid overdose deaths have risen steadily in Oregon and nationwide for more than a decade. But it doesn't have to be that way. Share this infographic to arm your family and community with knowledge about opioids so that you can manage pain safely.

WHAT ARE OPIOIDS?

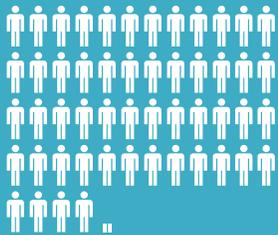
Opioids are a type of narcotic medication **used to treat moderate to severe pain**. When taken, they bind to the body's opioid receptors & prevent pain signals from traveling to the brain.

Examples of opioid prescriptions include:

Fentanyl	Oxycodone (Percocet, OxyContin)	Tramadol (Ultram)
Methadone	Hydromorphone (Dilaudid)	Morphine
Codeine	Hydrocodone (Vicodin, Norco)	



THE DANGERS OF OPIOIDS



522 PEOPLE DIED of drug-related overdoses in Oregon in 2014.

= 10

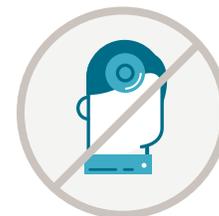
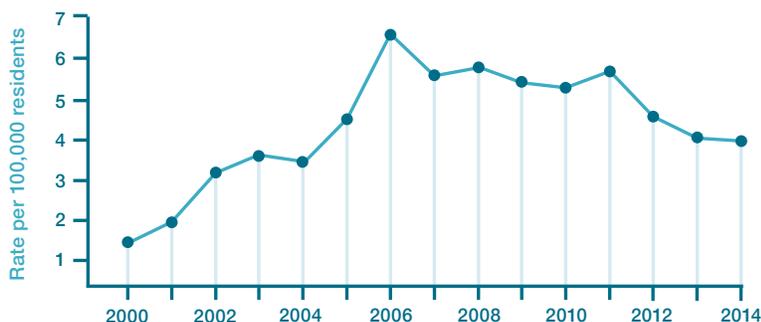


In 2014, opioids were involved in **28,647 DEATHS** across the United States



That accounts for **61%** of all drug overdose-related deaths, the vast majority of overdose deaths in the U.S.

The rate of opioid overdose deaths in Oregon has **DOUBLED** since 2000



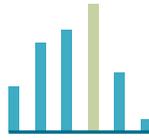
To make matters worse, **40%–70%** of non-medical opioid users obtained the medications from friends or family, **NOT from a doctor.**

WHO'S MOST AT RISK?



Women

Deaths from prescription pain reliever overdoses among women have increased **more than 400%** since 1999, compared to 256% among men.



Individuals aged 45–54

Peak incidence of death by overdose is in the 45–54 age range, followed by the 35–44 age range.



Individuals using opioids for more than 90-days

Over half of persons receiving 90 days of continuous opioid therapy remain on opioids years later.



5 WARNING SIGNS

You may be in danger if:



You are taking more than 90 MED (Morphine Equivalent Dosage) per day of a pain reliever prescription



You are taking methadone, which is more dangerous than other pain relievers



You are taking opioids for more than 90 days



You are taking opioids and tranquilizers, alcohol, marijuana, or sleep aids



You have been prescribed opioids from multiple providers or utilized multiple pharmacies

SAFE WAYS TO MANAGE PAIN



As of 2016, Oregon is one of only about a dozen states that has both good **Samaritan laws*** and **naloxone*** access laws.



* **Good Samaritan laws** vary from state to state, but generally provide legal protection for those who assist a person who is in danger of opioid overdose.

* **Naloxone** is a prescription drug capable of reversing an opioid-related overdose

ALTERNATIVES TO OPIOIDS

Instead of prescribing opioids, physicians may recommend the following:

Activity modifications

Treatment for PTSD

Life-style changes

Treatment for addiction/dependency

Weight loss

Non-opioid medications

Smoking cessation

Injections

Aerobic activity

Surgery

Physical therapy

Treatment for depression

Treatment for anxiety

