



PRESCRIPTION OPIOIDS CAN BE ADDICTIVE & DANGEROUS

Surgeon General's Spotlight on Opioids

The opioid misuse and overdose crisis touches everyone in the United States. In 2016, more than 115 American lives were lost to opioid overdose each day, devastating families and communities across the country. Preliminary numbers in 2017 show that number continues to increase with more than 131 opioid overdose deaths each day. Saving lives from opioid overdose through education and awareness is key as anyone who takes prescription opioids can become addicted to them.

Opioid Fast Facts

- Millions of Americans who suffer from severe pain resulting from surgery, injury, cancer, and other health conditions receive opioids prescribed by their doctors and pharmacists.
- Prescription opioids include legal drugs like oxycodone, codeine, and morphine; illegal opioids, such as heroin; and illicitly synthetic opioids like fentanyl.
- Overdose is not the only risk related to prescription opioids.
- Misuse, abuse and opioid use disorder (addiction) are also potential dangers.

South Carolina Facts

In 2017, more than 4.3 million opioid prescriptions were dispensed to South Carolina residents. The top five counties with the most opioid analgesic prescriptions dispensed (rate per 1,000 population) were:

1. Union - 1,465.56
2. Darlington - 1,450.61
3. Colleton - 1,332.35
4. Cherokee - 1,304.28
5. Laurens - 1,249.45



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Know Your Options

Talk to your doctor about ways to manage your pain that do not involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects. Options may include::

- Acetaminophen (Tylenol®) or ibuprofen (Advil®)
- Cognitive behavioral therapy - a psychological, goal-directed approach in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress
- Exercise therapy, including physical therapy, losing weight
- Medications for depression or for seizures
- Interventional therapies (injections)
- Other therapies such as acupuncture and massage

Protect You and Your Family

- Talk to your kids. Tell your children about how deadly opioid drugs can be. Kid who learn about the risks of drugs at home are less likely to use drugs.
- Safe storage. Keep opioids and other prescription medicine in a secure place. Count and monitor the number of pills you have and lock them up.
- Dispose of leftover prescription medication.
- Ask for help. If you think you or your child may be misusing opioid drugs or developing an addiction, don't hesitate to seek help.
- Know what to do in an overdose emergency. Ask your medical provider about Naloxone, which can prevent opioid overdose deaths. Always call 911 if you believe someone has overdosed.

Learn More

www.cdc.gov/drugoverdose/index.html

www.hotlifeline.org/opioids

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