

1.9
million
Americans are
addicted to pain killers



Opioid prescribing
has increased by
300%
in the last
20 years



3 in 5
teenagers say it is
easy to get drugs
from their parents'
medicine cabinet



4 out of 5 heroin users
started on
prescription opioids



In 2015, nearly
6 people a day
died in Michigan
due to opioid
overdose

**SEEK OUT
INFORMATION
AND BE
ACCOUNTABLE**

**Call 1-800-662-HELP
for information or concerns.**

For over 140 years, the University of Michigan College of Pharmacy has had one overarching goal: to make a profound, positive difference in the health of the world. Our success in achieving this goal is one reason U-M's pharmacy programs are consistently ranked among the best in the world.

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Preventing Opioid Abuse



**Pharmacy
Community
Connect
Day**



Prescription opioid abuse is a serious and growing problem. While there are many legitimate uses for these drugs, abuse is a significant risk. We developed this brochure to help you learn more about the use and abuse of prescription opioids.

Opioids are a class of drugs used for powerful pain relief.

- Some well-known opioid medications include Vicodin®, OxyContin®, Percocet®, Norco®, morphine, oxycodone, hydrocodone, fentanyl, and heroin.

While we hear a great deal about opioid abuse, there are many legitimate uses, including:

- Pain from dental procedures, like wisdom teeth removal
- Cancer and chronic pain
- Pain from sports-related injuries, other physical injuries, or surgery

Not everyone taking an opioid becomes addicted, but dependence and tolerance may occur.

- **Tolerance** - reduced effect of the medication due to extended exposure, higher doses are needed to get the same effect
- **Dependence** - withdrawal symptoms occur when the medication is reduced or stopped
- **Addiction** - compulsive use or continued use despite harm, craving, impaired self-control

Just because you take your pain medication every day does not mean you are addicted.

Fighting Opioid Abuse & Addiction

- Before taking opioids, ask your provider these questions:
 - Why do I need this medication - is it right for me?
 - How long should I take this medication?
 - Are there non-opioid alternatives that could help with pain relief?
 - What if there is a history of addiction in my family?
- Take them only as prescribed because opioid abuse can lead to addiction.
- Do not share your pain medications with others.
- Call the National Drug and Alcohol Treatment Hotline at 1-800-662-HELP for information and referral services.

Screening Tool for Addiction

In the past 3 months,

- Have you felt you should cut down on using your medications?
- Has anyone annoyed you by telling you to cut down on using these medications?
- Have you been waking up wanting to use them?

If you answered yes to 2 or more of these questions, see your doctor.

Naloxone for Opioid Overdose

- Naloxone is an emergency drug that blocks the effects of opioids, and is used for opioid overdoses.
- Symptoms of opioid overdose are extreme drowsiness, slowed breathing or loss of consciousness.
- In Michigan, naloxone is available at pharmacies without a prescription. Law enforcement officers also carry naloxone for emergency situations.

Opioid Storage, Safeguarding, and Disposal

Storage and Safeguarding

- DO store medications in a secure place to keep them away from children, teens and strangers.
- DO organize and keep track of your medications.
- DON'T tell others what medications you are taking because this could make you a target for theft.
- DON'T share with family or friends or keep medications for later use.

Disposal

- DO mix unused medications with cat litter, used coffee grounds, garbage or other undesirable items. Scratch off names and addresses on empty bottles and throw them in the trash.
- DO take unused, unwanted or expired medications for safe disposal to local and national drug take-back sites and/or events. These include police stations, county health departments and some pharmacies. Visit dontflushdrugs.com for information on sites near you.
- DON'T flush medications down the toilet.

References

- <https://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM548116.pdf>
- <https://www.drugabuse.gov/drugs-abuse/opioids>
- <https://www.cdc.gov/drugoverdose/epidemic/index.html>
- <http://c.ymcdn.com/sites/www.acpm.org/resource/resmgr/timetools-files/painmedspatientguide.pdf>