



Prescription Opioids: What You Need to Know



Know the Facts About Opioids

Prescription opioids, such as oxycodone, hydrocodone and morphine, are powerful, pain-reducing medicines.

ANYONE CAN BECOME ADDICTED:

- Opioids change how your brain and nervous system function.
- There is no way of knowing exactly how opioids will impact you before you take them.
- Opioids are highly addictive. Research shows that with regular use, opioid dependency is a real possibility.
- 5 Days can be all it takes to become physically dependent on an opioid.

2019 IN NEVADA¹

1,625

opioid-related
emergency
room encounters

3,686

opioid-related
inpatient
admissions

116

deaths for
adults age 55
and older

Nearly 125,000 hospitalizations among older adults in the U.S. involved opioid-related diagnoses in 2015.²

Vulnerable adults can misuse opioids and be affected by others' misuse of opioids.

Talk to Your Doctor. Consider Options Other Than Opioids

Take control of your pain management. Ask your doctor about alternative options to help you manage your pain and reach your goals safely and effectively. There are many treatment options that have been shown to work better, with fewer side effects, including:

- Over the counter medications like acetaminophen, ibuprofen and naproxen;
- Physical therapy and exercise;
- Cognitive behavioral therapy;
- Some antidepressants and anticonvulsants.

Protect Your Medications from Theft

Prescription opioid misuse is one of the most common types of illegal drug use in the United States.

Approximately 50% of people who misuse prescription pain medicines get them from a friend or family member.²

Help end opioid misuse by properly and safely storing your medications.

- Keep your medications somewhere other than the bathroom.
- Keep your medications in a locked cabinet, safe, or locking bag.
- Keep the key or combination to your locking device in a separate location than the medications.
- You can find safe storage devices with locks at hardware or drug stores.

1 - Opioid Surveillance Packet (nv.gov) https://dhhs.nv.gov/uploadedFiles/dhhsnv.gov/content/Programs/Office_of_Analytics/Opioid%20Surveillance%20Report%20-%20Feb%202021.pdf
2 - Agency for Healthcare Research and Quality (AHRQ) report. <https://www.hcup-us.ahrq.gov/reports/statbriefs/sb244-Opioid-Inpatient-Stays-ED-Visits-Older-Adults.jsp>
3 - www.FDA.gov/DrugDisposal

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Remove the Risk. Dispose of Unused and Expired Medications to Protect Yourself & Others.

You can help keep others safe by disposing unused or expired medications as soon as possible.

- Check with your pharmacist to see if you can return the medications to your pharmacy
- Find a medicine take-back option closest to you at www.takebackday.dea.gov
- Follow guidance from the Food and Drug Administration to safely dispose medications at home www.FDA.gov/DrugDisposal



Prevent Overdose

Older adults are often prescribed opioids to manage painful, chronic conditions. As a result of chronic pain, older adults may use prescription opioids over a long period of time, putting them more at risk of developing an opioid use disorder.⁴

The effects of opioids on older adults can also be more severe, as medications can have a stronger impact as people age.

RISKS INVOLVED WITH OPIOID USE:

- Misuse, dependency and overdose.
- Increased risk of death, caused by
 - ⚠ *Slowed breathing*
 - ⚠ *Combining opioids with alcohol or other drugs, like sleeping pills or anti-anxiety medication⁵*



Treatment Is Possible

Recovery is Possible

Ask for help. Tell your friends and family members the reason you are seeking help and ask them to check in with you throughout the process.

Seek Treatment

Treatment can help you get your life back. Addiction is a disease, and for many it involves long-term follow up and care to prevent a relapse. Find a treatment plan that works for you and get the support you need.

22.4M people in the US have recovered from a substance dependency.⁶

50% of those recovered used professional or external assistance.⁷

Find treatment options at behavioralhealthnv.org
To learn more about vulnerable adult opioid misuse and how Adult Protective Services can help, visit: APSGetHelp.com

To report suspected abuse, neglect, self-neglect, exploitation, isolation, or abandonment of a vulnerable adult to Adult Protective Services, please utilize these phone numbers:

Las Vegas/Clark County: (702) 486-6930 • Statewide/All Other Areas: (888) 729-0571

4 - The Opioid Public Health Emergency and Older Adults, Jane Tilly, DrPH; Shannon Skowronski, MPH, MSW; Sarah Ruiz, PhD, Administration for Community Living, December, 2017
5 - <https://www.fda.gov/Drugs/DrugSafety/ucm518473.htm>

6/7 - Substance Abuse and Mental Health Services Administration. (2019). Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health (HHS Publication No. PEPI9-5068, NSDUH Series H-54). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>