



# THE MEASURED DOSE™

*Staying healthy and safe on your medication*

# THE MEASURED DOSE™

## STAYING HEALTHY AND SAFE ON YOUR MEDICATION

The exercises within this book can help you learn more about medication safety. Use this workbook to learn about medications, your health, substance misuse and how to get help if you're struggling with substance misuse and pain medicines.

### In this workbook you will:

- Learn about types of medicines
- Learn about the importance of medication safety
- Better understand substance use disorder (SUD)
- Learn about pain and how to manage it safely
- Discover tips for preventing and treating substance misuse
- Learn the difference between addiction, dependence and withdrawal
- Find helpful resources and much more

While medications are important tools in the fight against pain, relying on them often comes with a heavy price.

- Side effects
- Addiction
- Dependence
- Withdrawal
- Sickness
- Death



## PUBLIC HEALTH ALERT

Each year in the United States, there are more than 200,000 cases of opioid overdoses reported. This book will help you learn how you can help fight substance use disorder, for yourself and those you love.

DISCLAIMER. This book provides general information about medication, pain management and related issues. The information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs and to professionally address personal medical concerns.

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MY INFO

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (       ) \_\_\_\_\_

Email Address: \_\_\_\_\_

MY DOCTOR’S INFO

My Family Doctor: \_\_\_\_\_

Phone: (       ) \_\_\_\_\_

Specialist: \_\_\_\_\_ Type: \_\_\_\_\_

Phone: (       ) \_\_\_\_\_

Hospital: \_\_\_\_\_

Phone: (       ) \_\_\_\_\_

MY INSURANCE INFO

Primary Health Insurance Provider Type: (circle one)

Private    Medicare    Medicaid    Other

Company: \_\_\_\_\_

Member Number: \_\_\_\_\_

Group Plan Number: \_\_\_\_\_

Phone: (       ) \_\_\_\_\_

Website: \_\_\_\_\_



What are my goals in life?

1.) \_\_\_\_\_

\_\_\_\_\_

2.) \_\_\_\_\_

\_\_\_\_\_

3.) \_\_\_\_\_

\_\_\_\_\_

What are my health goals?

1.) \_\_\_\_\_

\_\_\_\_\_

2.) \_\_\_\_\_

\_\_\_\_\_

3.) \_\_\_\_\_

\_\_\_\_\_

In this book, we will talk about medicines. Medicines can also be called *medication*, *meds*, *drugs* or *prescriptions*. For the purposes of this book, we will use the word *medicine*.

Medicines prescribed and overseen by your doctor help to treat and manage health conditions. Some medicines may interact with other medicines or vitamins you are taking.

**Most medicines are given to:**

- Cure a disease or condition
- Treat a medical condition
- Relieve symptoms of an illness
- Prevent illness

**There are two basic kinds of medicines:**

**PRESCRIPTION:**

Prescription medicines are prescribed by a doctor or other health professional.

**OVER-THE-COUNTER:**

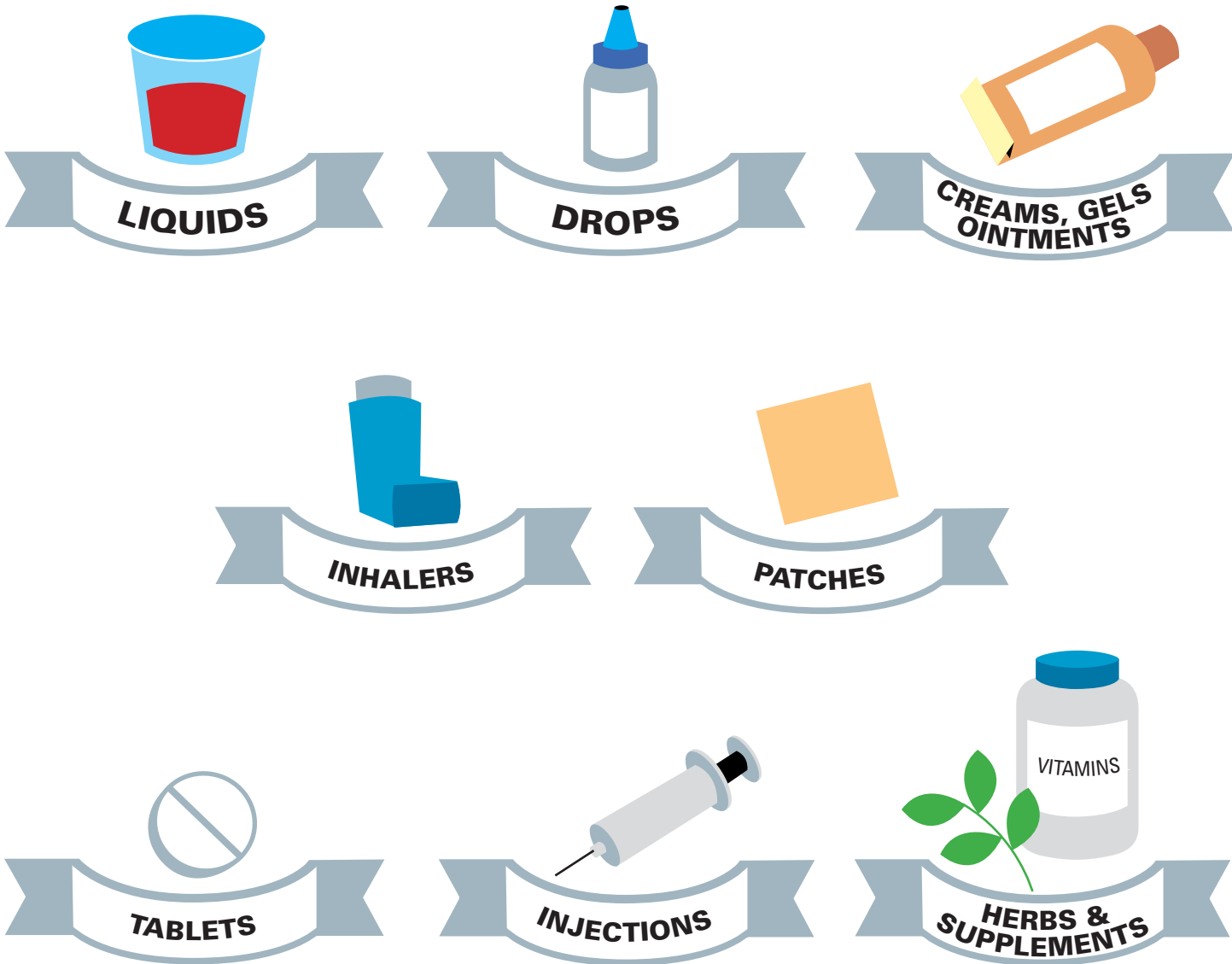
These are medicines that you can find at a pharmacy and get without a prescription. Ask your pharmacist about over-the-counter medicines that may work for you.

**ASK  
YOUR  
DOCTOR!**



Always ask your doctor or pharmacist about possible side effects. Both prescription and over-the-counter medicines can be misused and have side effects. Also ask if it's safe to take more than one medicine at the same time.

## Medicines come in many different forms...

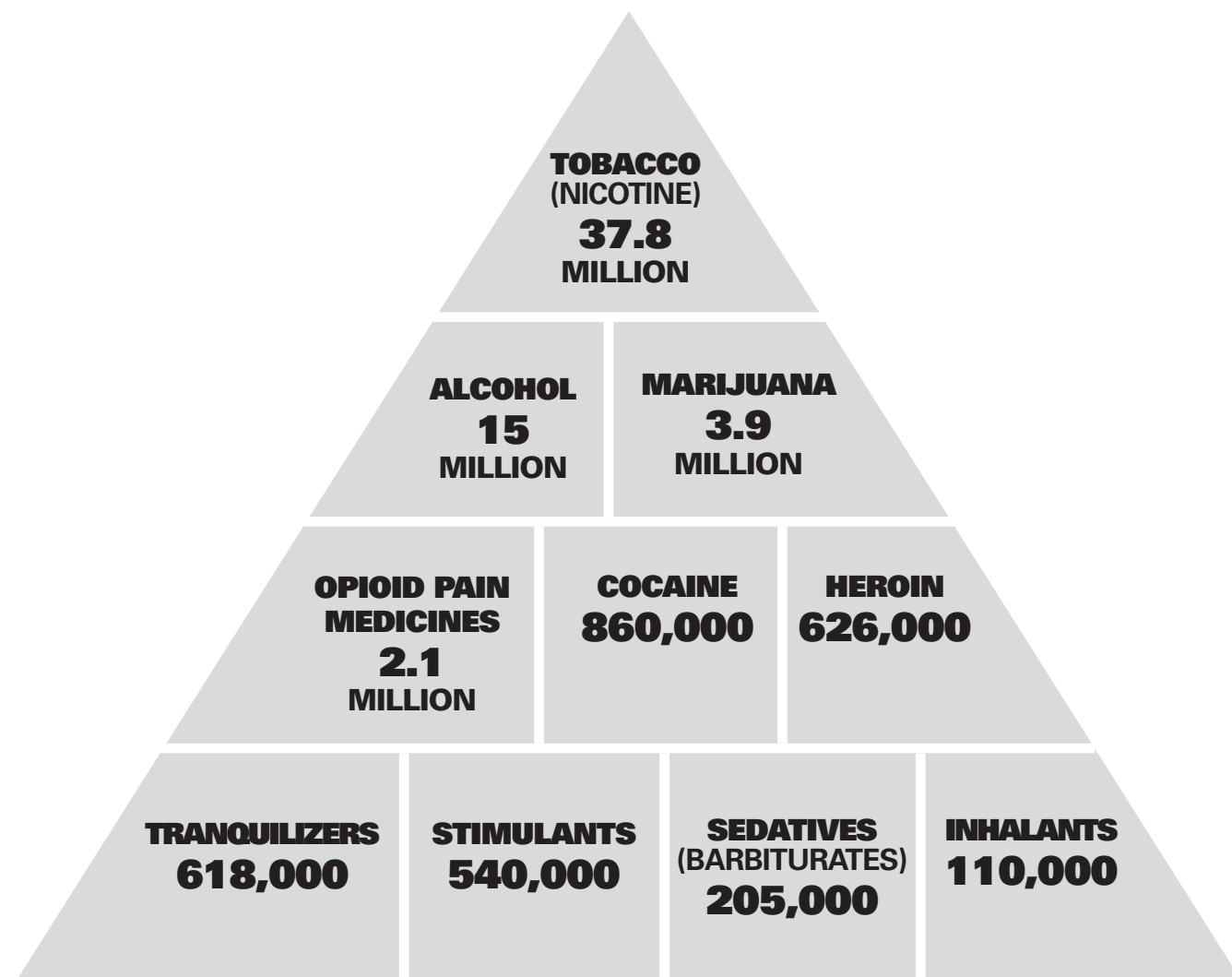


**Any medicines—prescription and over-the-counter—can have dangerous side effects. Always ask your doctor and/or pharmacist about the side effects of your medicines, especially if taking more than one at the same time. See page 40 for more questions to ask your doctor.**

# SUBSTANCE USE DISORDER (SUD)

Substance use disorder (SUD) is the clinical condition when substance use (drug, alcohol or other) causes significant impact in someone’s life. A SUD can be classified as mild, moderate or severe. SUD may be diagnosed when the repeated use of alcohol or drugs impairs a person’s abilities. Health problems, disability or problems at school, work or home may be a result of the continued use of the substance.

## AMONG THE MOST COMMON ADDICTIONS<sup>1,2</sup>



As of 2016

## LEVELS of DRINKING<sup>3</sup>



**MODERATE DRINKING**

Up to 1 drink per day for women and 2 drinks per day for men.



**BINGE DRINKING**

Drinking 5 or more alcoholic drinks on the same occasion on at least 1 day in the past 30 days. Usually 4 drinks for women and 5 drinks for men over a 2 hour period.



**HEAVY DRINKING**

Drinking 5 or more drinks on the same occasion on each of 5 or more days in the past 30 days.

Drinking too much can put you at risk of developing an alcohol use disorder (AUD), as well as other health and safety problems. Genetics also play a part in becoming a risk factor for developing an AUD.

### ASK YOUR DOCTOR!



Always be honest with your doctor about how much alcohol you drink. Alcohol can interact with medicines you are taking. Ask your doctor for resources to help you quit drinking, if needed.

### CDC Says...

Excessive alcohol use causes **88,000** deaths each year in the U.S.<sup>4</sup>

*\*Centers for Disease Control and Prevention*

## ASK YOUR DOCTOR!

Ask your doctor about resources available to help you quit smoking.

### CDC Says...

More than **480,000** deaths each year in the U.S. are caused by cigarette smoking. Tobacco is the most commonly used substance.<sup>5</sup>



**Smokefree.gov** has some effective tips for quitting the smoking habit and freeing yourself from the grip of tobacco use disorder.

### CDC Says...

Youth who drink alcohol are more likely to experience:

- School, social, physical and legal problems
- Unwanted, unplanned and unprotected sexual activity
- Higher risk of suicide
- Alcohol-related car accidents and injuries
- Memory problems
- Abuse of other drugs<sup>6</sup>

## OPIOIDS INCLUDE:

**oxycodone/hydrocodone/codeine/morphine/fentanyl/heroin**

### OPIOIDS LESSEN THE AWARENESS OF PAIN. BUT THEY CAN ALSO PRODUCE:



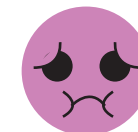
**Drowsiness**



**Mental confusion**



**Euphoria**



**Nausea**



**Constipation**



**Labored breathing**

**THIS BOOK WILL GO INTO MORE DETAIL ABOUT OPIOIDS ON PAGE 13.**





RISKS ON THE RISE

The U.S. is in the grip of a substance epidemic. The risk of overdose has never been higher, but this trend has been on course for more than ten years.

More than **64,000** people died from overdoses in 2016 alone, about 66 percent of all drug overdoses are caused by opioids.<sup>7</sup>

REALITY ✓

Do you know anyone who died due to a drug overdose?

☐ yes      ☐ no

How can you prevent overdose for you and those around you?

**NALOXONE** has the power to reverse an opioid overdose.  
*Learn more about naloxone on page 32.*

Naloxone is used for treating an opioid emergency. These situations may include overdose or possible overdose with signs of breathing problems and extreme sleepiness or not being able to respond.



HEADLINES and DEADLINES

Opioids killed more than 42,000 people in 2016. That was more than any year on record.<sup>8</sup>

There are several reasons for this rise in substance use, misuse and addiction:

- ➔ Many more prescriptions being written and filled
- ➔ Greater acceptance of using medicines for pain

Together, these factors have helped create a sort of perfect storm of prescription drug availability.



WAKE-UP  
CALL

MORE AMERICANS ARE NOW KILLED BY DRUGS THAN BY CARS

Deaths from motor vehicle crashes were twice as high as fatal drug overdoses in 1999. Today, it's the opposite. There are nearly 40 percent more deaths from overdoses today than in 1999. Most of these drug overdoses are from prescription opioids and heroin.

What's that pill?

Did you drop your pill bottle and mix up your medications? Did you find a pill on the floor? If you come across pills and you don't know what they are, there are websites available to help you identify them. You can enter the size, shape and imprint of the code found on the pill to determine your pill type. You can also ask your pharmacist for assistance.



We have all been impacted in some way by the opioid epidemic. Take a few minutes to think of how the opioid epidemic has impacted our lives and how we can help.

**How has the opioid epidemic affected me?**

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Loss of job or income

Lost friends

Health problems

Family difficulties

Strained relationships

More awareness of the issue

**How can I help end the opioid epidemic?**

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Seek help

Talk to friends and family

Learn more about SUD

Learn about prevention

Organize a support group

Help someone get help


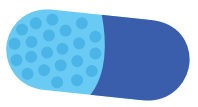


Learn about naloxone

Talk to my doctor

**PAIN AND THE BRAIN**

**Opioids** are a class of medicines that work to take away pain.

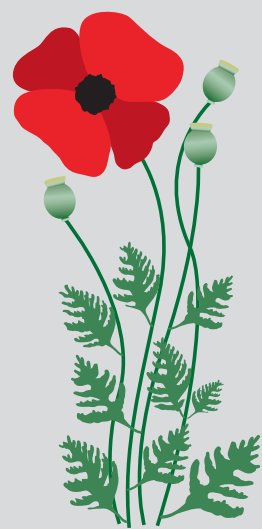
When pain signals reach the brain, opioids act to block the signal. They affect the areas in the brain that control emotion. The desired result is less pain. The ongoing use and abuse of opioids can lead to physical dependence and withdrawal symptoms. Opioids can come in **tablet**, **capsule**, **liquid** or other forms.



**GENERIC NAMES**  
*codeine*  
*fentanyl*  
*hydrocodone*  
*morphine*  
*oxycodone*

Opiate refers to opium, naturally found in the poppy plant. Opioid refers to the class of drugs that includes both natural (opiates), semi-synthetic and synthetic (opioid) compounds. Opioid medicines can be:

- Natural (made from the poppy plant)
- Semi-synthetic (changed in a lab from the poppy plant)
- Fully synthetic (completely manmade)



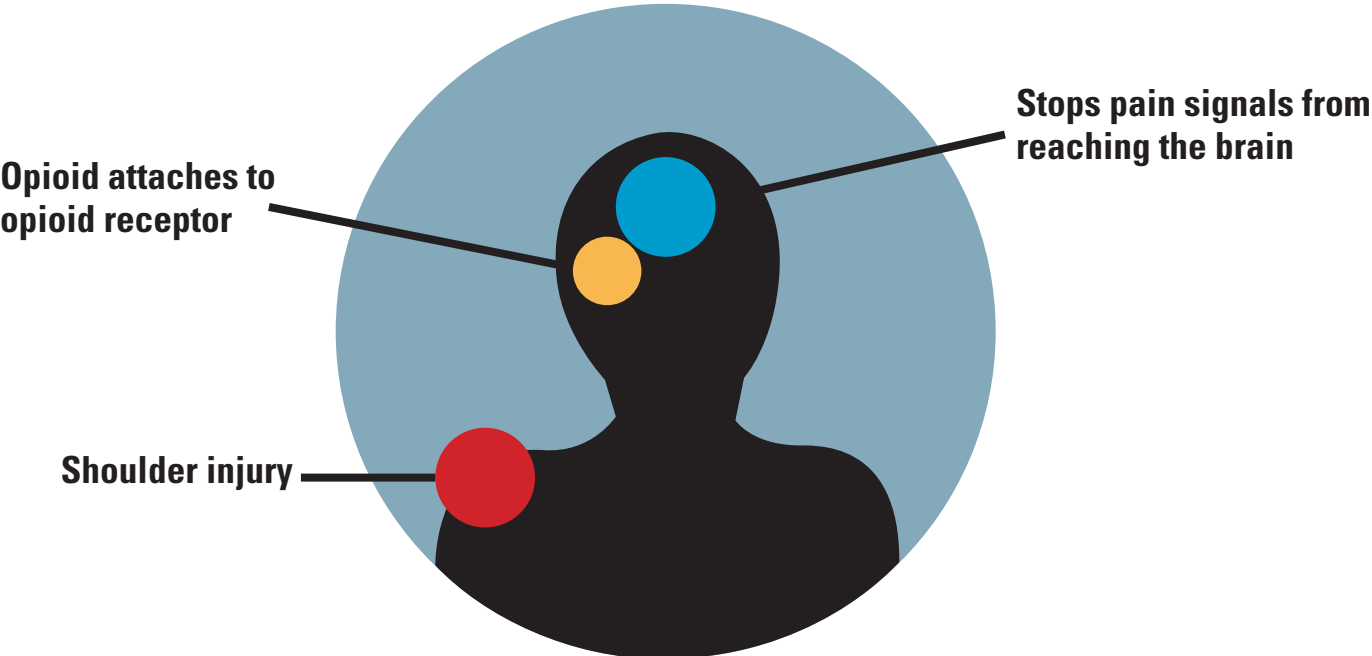




Almost **18 out of every 100 people** have used illegal medicines or misused prescription medicines.<sup>9</sup>

# HOW OPIOIDS WORK

Humans have opioid receptors in the brain, spinal cord and elsewhere in the body. Opioid medicines attach to these receptors. This tells the brain to stop sending messages of pain, which results in less pain and a pleasing effect.



# YOUR PAIN, YOUR DOCTOR

Opioids for pain can only be prescribed by a doctor. He or she will assess your pain levels and adjust the dosage for the best pain management. While you're on opioids, you'll need to check in with your doctor on a regular basis. Ask him or her to help with a schedule of visits or calls to monitor your progress.

## ASK YOUR DOCTOR!

- How your pain is responding to the medicine
- If you're having any side effects
- If any medicine interactions or health issues might be raising your risk for side effects
- If there are alternative treatments

# THE EFFECTS OF OPIOIDS

When used as prescribed, opioids can be effective in fighting pain. They have been for thousands of years. Opioid medicines tell the brain to stop sending pain messages to areas of the body experiencing damage.

But one of the reasons why your doctor needs to manage these pain medicines so closely is that they can cause **side effects** and **dependence**.

The Short-Term Side Effects of Opioids	The Long-Term Side Effects of Opioids
Drowsiness	Physical dependence and possible addiction
Slowed breathing	Death
Constipation	Liver damage
Unconsciousness	Brain damage
Nausea	Less effectiveness with managing pain
Itching	Withdrawal symptoms, such as:
	Restlessness
	Muscle and bone pain
	Vomiting
	Diarrhea
	Insomnia
	Cold flashes

**MAT:  
MEDICATION-  
ASSISTED  
TREATMENT**

Medication-Assisted Treatment (MAT) is a specialized treatment plan that combines the use of medications with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and can help sustain recovery.<sup>10</sup>

The goal of MAT is recovery and the ability for someone to be able to live a self-directed life and reach their full potential. MAT had been proven to be an effective treatment plan that lessens the need for detox services. Recovery includes access to evidence-based clinical treatment and recovery support services that can<sup>11, 12</sup>:

- > Improve patient survival
- > Help a patient stay in treatment
- > Lessen illegal opiate use
- > Increase the patient’s ability to get a job and keep it
- > Improve birth outcomes for pregnant women with SUDs

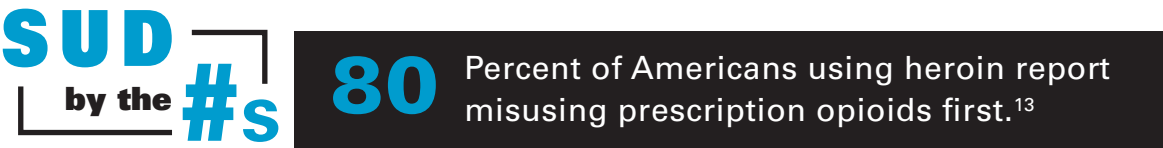
Researchers are now studying the long-term effects of opioid addiction on the brain. This can affect:

- > Decision-making skills
- > Behavior-regulating ability
- > Response to stressful situations

**Prescription  
opioids take  
control of  
the brain**

Chronic opioid use results in changes to the brain, like rewiring the brain, that leads to impaired judgment and decision making.

At the same time, opioids change another part of the brain that limits a person’s ability to *stop* taking them.



# PAIN, PAIN GO AWAY

Pain comes in different varieties. It can be quick and short-lived or chronic and last a long while. Pain acts as a warning system. It's your body's way of letting your brain know that something's wrong. People experience pain differently. Pain that may be tolerable or aggravating to you might be unbearable to another. Still, medical people have systems for classifying types of pain.

## ASSESSING PAIN

Doctors were convinced that pain should be evaluated as a vital sign - like temperature. However, these vital signs are objective, whereas pain is subjective.

CDC Says...

The amount of prescription opioids sold to pharmacies, hospitals and doctors' offices nearly quadrupled (x4) from 1999 to 2010, yet there had not been an overall change in the amount of pain that Americans reported.<sup>14</sup>

If your doctor were to assess your level of pain right now, how would you respond?

ASK YOURSELF:

- Where on my body do I feel pain? \_\_\_\_\_
- When do I feel pain? \_\_\_\_\_
- What does the pain feel like? Sharp? Throbbing? Dull? Shooting? \_\_\_\_\_
- Does the pain radiate or travel to other body areas? \_\_\_\_\_
- How long have I had the pain? \_\_\_\_\_
- When did the pain start? \_\_\_\_\_
- How often does it occur? \_\_\_\_\_
- What was I doing when the pain started? \_\_\_\_\_
- What causes the pain to ease? \_\_\_\_\_
- What triggers the pain and makes it worse? \_\_\_\_\_
- What has the pain kept me from doing? \_\_\_\_\_
- How bad is it when it's at its worst? \_\_\_\_\_
- How long does the pain last? \_\_\_\_\_
- Does it come on suddenly or more gradually? \_\_\_\_\_
- What time of day do I usually feel the pain? \_\_\_\_\_
- What treatment have I used for the pain? \_\_\_\_\_

→ Feel free to share this with your health care professional. ←

Medicines for pain can:

- Help you feel better
- Let you be more active
- Improve your mood

While some medicines require a doctor’s prescription, others can be bought over-the-counter.

ACETAMINOPHEN	<ul style="list-style-type: none"><li>• Helps with pain but doesn’t reduce swelling.</li><li>• Available over-the-counter without a prescription.</li><li>• Shouldn’t be taken with certain other medicines.</li><li>• Overusing acetaminophen can result in liver or kidney damage.</li></ul>
NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) (Ibuprofen, naproxen)	<ul style="list-style-type: none"><li>• Ease pain and swelling, and work better for some than acetaminophen.</li><li>• Some can be bought without a prescription; some higher strength versions require a prescription.</li><li>• Take the lowest dosage that eases your pain.</li><li>• Can cause stomach bleeding, kidney damage.</li><li>• Can interfere with some medicines used for treating hypertension, congestive heart failure, high blood pressure and preventing kidney failure.</li><li>• Increase the incidence of heart disease.</li></ul>
OPIOIDS	<ul style="list-style-type: none"><li>• Strong pain medicines only available by prescription.</li><li>• Opioids can be deadly if combined with alcohol or other drugs. Ask your doctor if you can take opioids if you are currently taking other prescription medicines.</li><li>• Opioid pain medicines include oxycodone, hydrocodone and morphine.</li><li>• Side effects can include constipation, dizziness, sleepiness, sweating, nausea and vomiting, trouble breathing.</li><li>• Ask for your doctor’s help when it’s time to stop taking opioids. He or she will create a medication withdrawal plan (called a taper). This will gradually lessen the amount of your medicine. It may take weeks or even months to gradually and safely cut down your dose and get off your opioid medicine.</li></ul>
OTHER PRESCRIPTION MEDICINES	<ul style="list-style-type: none"><li>• A doctor may prescribe medicines for pain other than the ones listed above.</li><li>• Antidepressants, muscle relaxants and sedatives may be effective as part of a complete pain treatment plan.</li></ul>

ASK  
YOUR  
DOCTOR!

It’s important to ask your doctor or pharmacist if it’s safe to take several medicines at the same time. Some medicines can be taken together, but some can cause serious side effects, including death.



Pain medicines can interfere with some other medications. It’s important to ask your doctor about side effects and drug interactions, including over-the-counter medicines, vitamins, herbs and supplements.

OTHER PAIN TREATMENTS

Chronic pain usually calls for pain medicines. Pain medicines often work best when used with other treatments. These additional treatments may help you feel better or help you deal with the pain. Your health care team might suggest you try one or more of these treatments.

PHYSICAL THERAPY (PT)	<ul style="list-style-type: none"><li>• PT can help lessen pain and swelling. It can increase strength and range of motion. It can relieve chronic pain caused by back and joint issues, headaches, arthritis, fibromyalgia and nerve damage.</li><li>• PT usually includes strength and flexibility exercises. It may include massage, ice, heat or ultrasound treatments.</li><li>• Ask your health care team about physical therapy if chronic pain makes it hard for you to move and do daily tasks.</li></ul>
COUNSELING	<ul style="list-style-type: none"><li>• Counseling can help keep pain from overtaking your life. It can help you relax and sleep better.</li><li>• Through counseling, you can learn how to quit smoking, drinking or overeating in response to pain.</li><li>• Counseling can help you manage feelings of depression, anger and low self-worth. Balanced emotions help control pain.</li></ul>
RELAXATION	<ul style="list-style-type: none"><li>• Relaxation therapy may include meditation, yoga, deep breathing exercises and muscle relaxation.</li><li>• Relaxation exercises can help slow down your body and calm your mind.</li><li>• Relaxation practices can lower your blood pressure, slow down your heart rate and breathing, and lessen muscle tension. All of these things can help relieve chronic pain.</li></ul>

TIPS TO KEEP PAIN FROM BECOMING A MAJOR PART OF YOUR LIFE.

1 Work exercise into your daily routine

Many people think that being physically active will make their pain worse. In fact, exercise is one of the best treatments for chronic pain. In most cases, an exercise program should be part of your treatment plan.

- Exercise releases endorphins in the brain that lift your mood and help block pain signals
- Exercise strengthens muscles, helping prevent future injuries
- Try one-on-one work with a trainer or therapist, group/class activity or exercise on your own as part of a regular routine
- Walking is one of the best exercises. It can be done anywhere



Check with your health care team before starting an exercise program. They'll help you find the best plan for you and your pain.

2 Reduce stress to relieve pain

Stress can make your body more sensitive to pain. Reducing stress can relieve chronic pain.

- Listen to soothing music
- Read
- Meditate
- Download a relaxing program that guides you through relaxing exercises

3 Stay away from alcohol while on pain medicines

Alcohol can change the way many pain medicines work. Mixing alcohol and opioids or any strong medicine can lead to side effects such as:

- Nausea and vomiting
- Changes in blood sugar that can cause seizures
- Dehydration
- Changes in blood pressure
- Irregular heart rate
- Dizziness or fainting
- Lack of concentration
- Coma

4 Quit smoking

Quitting smoking makes managing pain easier.

- Smoking raises inflammation levels and the pain, swelling and redness that go with it
- Inflammation just makes chronic pain worse
- Smoking harms blood vessels so less blood can circulate
- Smoking slows down healing after surgery or injury



Talk to your doctor about programs and medicines to help you quit smoking. See [Smokefree.gov](http://Smokefree.gov) for more ideas.

5 Plan activities for mental relief

Taking your mind off the pain with fun events with friends and family can go a long way in providing relief. Plan activities with loved ones so you don't focus too much on the pain. Try different activities you might enjoy:

- |                              |                                   |
|------------------------------|-----------------------------------|
| → Gardening                  | → Playing cards                   |
| → Movies                     | → Making crafts                   |
| → Reading                    | → Cooking or other fun activities |
| → Meeting friends for a meal |                                   |

6 Get support from others

Support from family, friends and others with similar conditions is a big part of feeling better.

- Join a support group with others who have chronic pain
- Ask others for ideas on treating pain
- Rely on family and friends to keep you company and provide emotional support

Things I could do to feel better:



ONE IN FOUR DEATHS TODAY IS DUE TO ALCOHOL, TOBACCO AND PRESCRIPTION DRUG USE.<sup>15</sup>

That’s a pretty sobering fact. More deaths, sickness and disability are caused by the effects of medicine misuse than from any other preventable health condition.

NUMBER OF PEOPLE AGED 12 OR OLDER WITH A PAST YEAR SUBSTANCE USE DISORDER: 2016<sup>16</sup>

- 20.1 Million people with SUD
- 15.1 Million alcohol
  - 4 Million marijuana
  - 1.8 Million prescription pain medication
  - 900,000 cocaine
  - 700,000 methamphetamine
  - 600,000 heroin

People with a substance use disorder also have a higher risk of:

- Injuries<sup>17</sup>
- Accidents<sup>18</sup>
- Social, emotional and family problems, including domestic violence<sup>19</sup>

ASK  
YOUR  
DOCTOR!

If you have concerns about your safety at home, talk to your doctor. There are resources to help you and your family stay safe and stop abuse.

BRAIN STRAIN

Medicine can even change the chemistry of the brain. These changes can make it harder for a person to make decisions. It can also lead to cravings for the medicine and seeking them out to use more. Before long, the user is dealing with a dependency issue.

Nicotine, cocaine, marijuana and other drugs of abuse affect the brain’s reward circuit. Addictive medicines provide a kind of shortcut to the brain’s reward center. They flood it with dopamine, bringing on a feeling of happiness and well-being (euphoria). Over time the brain no longer feels euphoria and needs more medicines to just feel normal.

Other risks from substance misuse include behavioral or psychological problems. These may include:

- Paranoia
- Aggressiveness
- Addiction
- Hallucinations
- Impaired judgment
- Impulsiveness
- Loss of self-control

FIND  
OUT  
MORE

DEA’s Resource for Parents, Educators and Caregivers:  
[getsmartaboutdrugs.gov](https://www.getsmartaboutdrugs.gov)



Prevention is the #1 cure for addiction.

ADDICTION PREVENTION

Addiction to medicines is a global public health hazard. Addiction is a chronic brain disease characterized by a person seeking reward and/or relief by using substances. Addiction is the compulsive seeking out of medicines to take, despite the serious harmful effects they have. Under the care of a health team, the short-term medical use of medicines rarely leads to addiction.

The National Institute on Drug Abuse (NIDA) defines **addiction** as an *enduring condition that triggers the user to compulsively search out and use substances*.<sup>20</sup>

WHAT IS ADDICTION?

Addiction is the continued use of a substance, despite the physical, social and financial problems caused by using.

COMMON SYMPTOMS ARE:

- Criminal activity
- Risky behavior
- Illness
- Isolation
- Relationship problems
- Denial
- Secrecy

Addiction is a condition that causes someone to use a substance or behave in a certain way.

The rewarding effects compel him or her to repeatedly pursue that behavior despite serious consequences.

DEPENDENCE VS ADDICTION

One can be dependent without being addicted.

Addiction may involve the use of substances such as:

- Sugar and other foods
- Caffeine
- Inhalants
- Nicotine
- Marijuana
- Alcohol
- Cocaine and other recreational drugs
- Opioids

PAIN POINTS

Heroin is an extremely dangerous drug with no accepted medical use in the United States.



Ask your doctor about alternative pain medicines. There are many non-opioid options that can be just as effective without the risks.

## WHAT IS WITHDRAWAL?

When a person cuts back or stops using some medicines after long-term or heavy use, withdrawal symptoms can surface. Opioid withdrawal syndrome is one of the strongest of all withdrawals. It can be extremely painful and uncomfortable. Many times, addiction and continued use of these medicines stem from the fear of having to feel the withdrawal symptoms.

Those with opioid withdrawal have strong cravings for the medicine, along with feeling unwell in general.

**Therapy and psychological help from a mental health expert, when used with a complete SUD treatment plan, can lessen the symptoms and side effects of withdrawal. Learn more about treatment on page 35.**



### 259 MILLION

Number of prescriptions written for opioids in 2012. This would have been more than enough to give every American adult his or her own bottle of pills.<sup>21</sup>

## "MISUSING" OPIOIDS CAN MEAN:

- ⊘ Taking an opioid prescribed for someone else (even if you're taking it to reduce your own pain)
- ⊘ Taking a higher dose of an opioid than prescribed



If you or a loved one shows signs of dependence or addiction, share your symptoms with your doctor and ask for advice.

This brief test is often administered to patients upon an initial visit before beginning opioid therapy for pain management.

✓ Check each box that applies			Score if female	Score if male
1. Family history of substance misuse	• Alcohol	<input type="checkbox"/>	1	3
	• Illegal drugs	<input type="checkbox"/>	2	3
	• Prescription medicines	<input type="checkbox"/>	4	4
2. Personal history of substance misuse	• Alcohol	<input type="checkbox"/>	3	3
	• Illegal drugs	<input type="checkbox"/>	4	3
	• Prescription medicines	<input type="checkbox"/>	5	4
3. Age	• Mark in box if 16-45 years	<input type="checkbox"/>	1	1
4. History of preadolescent sexual abuse		<input type="checkbox"/>	3	0
5. Psychological disease	• Attention-Deficit/Hyperactivity Disorder; Obsessive Compulsive Disorder; Bipolar Disorder; Schizophrenia	<input type="checkbox"/>	2	2
	• Depression	<input type="checkbox"/>	1	1

TOTAL SCORE =  0-3 = Low risk 4-7= Moderate risk 8 and up= High risk

**ASK YOUR DOCTOR!** Discuss with your doctor the results of this score. Ask your doctor or care manager if you have any questions about its meaning.

CDC Says...

Every three minutes, a woman goes into the emergency room for abusing powerful pain medicines. Since 1999, deaths from prescription overdoses among women have risen more than 400 percent vs 265 percent for men.<sup>23</sup>

**OLD AND AGE**

Opioid misuse affects every adult age bracket. The problem among older Americans is becoming an urgent public health issue. Prescription opioid overdose rates are highest among people ages 25 to 54 years.<sup>24</sup>

**SIGNS OF OVERDOSE FROM COMMONLY PRESCRIBED OPIOIDS**

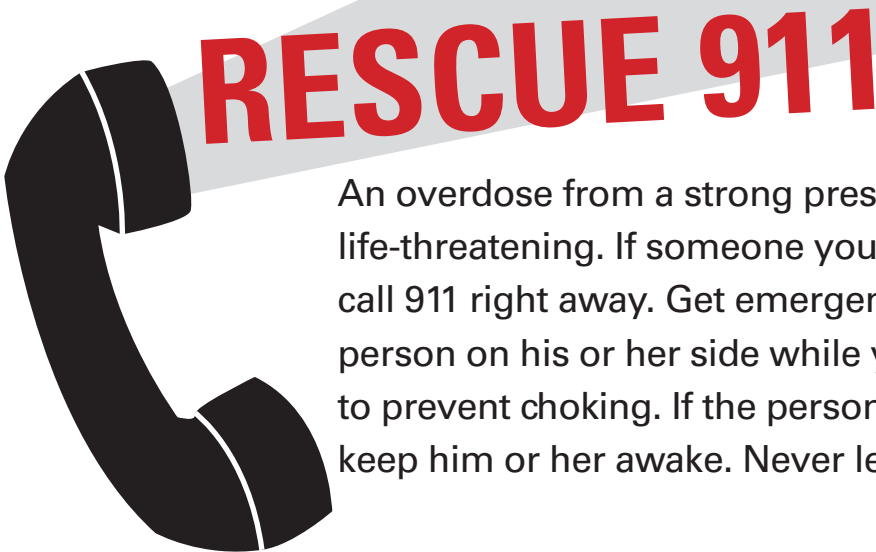
- Confusion, delirium or seeming drunk
- Will not wake up or respond to someone’s voice or touch
- Nausea or vomiting
- Extreme constipation
- Pinpoint pupils
- Extreme tiredness, or unable to wake up
- Breathing problems, such as slowed or irregular breathing
- Stopped breathing
- Slow heartbeat and/or low blood pressure
- Cold, clammy skin or bluish skin around the lips or under the fingernails
- Goosebumps

The most dangerous side effect of opioid overdose is **depressed breathing**. When the brain can’t get the oxygen it needs, it can cause other organs to shut down.



**WARNING:**

Never leave someone alone in the grip of an opioid overdose. That person could fall asleep and die due to depressed breathing or stop breathing completely.



An overdose from a strong prescription opioid can be life-threatening. If someone you know has overdosed, call 911 right away. Get emergency medical help. Roll the person on his or her side while you await the ambulance to prevent choking. If the person is conscious, talk and keep him or her awake. Never leave the person alone.

## TO PREVENT OPIOID OVERDOSE:



- Ask your doctor and pharmacist about drug safety, dose and side effects.
- Don't take more medicine than prescribed.
- Take the least amount of medicine possible. Your goal should be to make the pain tolerable – pain you can live with – not to eliminate all pain.



- Never mix pain medicines with alcohol, sleeping pills or illegal substances.
- Store medicine safely where children can't reach it.
- Get rid of unused medicines right away.
- Learn where to access naloxone and how to use it.



## NALOXONE to the RESCUE

**Naloxone** is an anti-opioid used to reverse the symptoms of opioid overdose, including respiratory depression and septic shock. This powerful and lifesaving medicine is available as a nasal spray, auto injector and traditional injection.

## NALOXONE has the power to help reverse an opioid overdose.

REMEMBER: Naloxone does not take the place of emergency medical care. Call 911 or get emergency medical help right away after giving the first dose of naloxone, even if the person wakes up.

## HOW IT WORKS

A dose acts within two minutes. It completely removes all signs of opioid intoxication, reversing an opioid overdose. Naloxone can be used on both adults and children and can be administered by first responders, family members or caregivers. For high potency opioids, like fentanyl, more than one dose may be required.



Ask your doctor or pharmacist about a co-prescription for naloxone for you and/or a loved one. Your pharmacy may be able to provide naloxone without a prescription or refer you to a local agency that can provide it.



If you or someone you care for has opioids at home, you may be able to get naloxone as a nasal spray from your local drug store, if it is available in your state without a prescription.

**SUD**  
by the **#s**

**26,000+**  
**lives saved**

Number of overdoses reportedly reversed between 1996 and 2014. These reports were from organizations providing community-based overdose prevention services, including the use of naloxone, in the U.S.<sup>25</sup>



Chronic conditions, aging and pregnancy are especially important times to talk to your doctor.

- Chronic conditions can change how our bodies digest a drug.
- As we age, our bodies process medicines differently.
- Pregnancy medicines can impact the baby's growth and development.

## ARE YOU AT RISK OF OVERDOSE?

People exposed to prescription or illegal opioids should know the risks involved. These risks may lead to accidental, life-threatening or deadly opioid overdose. High-risk people include:

- Anyone taking prescription opioids
- Those taking prescription opioids in combination with other substances such as alcohol or sleeping medicines
- Those with medical conditions such as depression or lung/liver disease
- Anyone who injects opioids such as heroin or fentanyl
- Anyone with a reduced tolerance to opioids
- Anyone with a history of substance misuse, dependence or nonmedical use of illegal or prescription medicines

## FIND OUT MORE

**PrescribeToPrevent:**  
[PrescribeToPrevent.org](https://www.PrescribeToPrevent.org)

## PREVENTION EDUCATION

Preventing a substance use disorder is no easy task. It has to start in childhood and carry through into adolescence and adulthood. Screening and early intervention have proven to be effective.

- Positive messages that children and teens receive from parents, teachers, doctors, media and other community sources about the dangers of alcohol, tobacco and drug abuse can help influence them to make good decisions.
- Programs that teach additional prevention can help children and teens:

  - ➔ Resist social pressures to experiment with or use substances
  - ➔ Strengthen self-esteem
  - ➔ Improve communication skills
  - ➔ Improve decision-making
  - ➔ Manage stress and anxiety
  - ➔ Advocate for their needs
  - ➔ Check for local resources in your school, in your community or by visiting [operationprevention.com](http://operationprevention.com)

If you're in need of treatment for yourself or someone close to you, start with your doctors and health care team. Learn about what medicines can help you.

**ASK  
YOUR  
DOCTOR!**

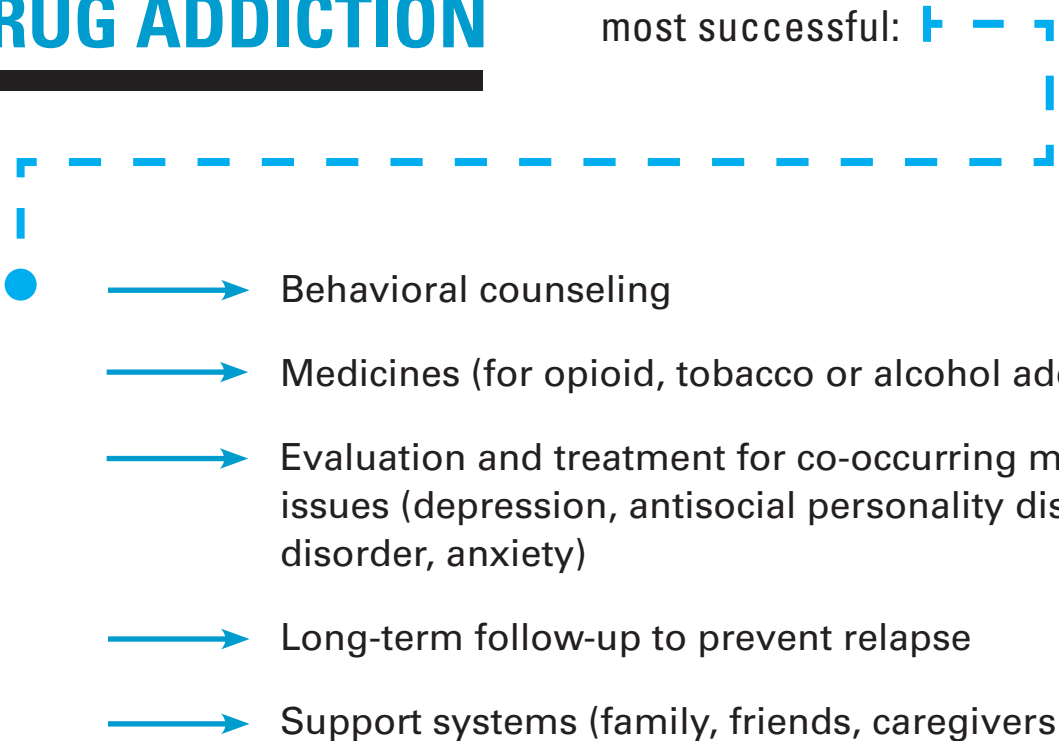
If you or a loved one need treatment or have questions about treatment options, your doctor can help. Ask your doctor about treatment options. There are also hotlines, like the SAMHSA Helpline that can provide information about local treatment options.

## SAMHSA HELPLINE: 1-800-622-HELP (4357)

**This hotline is also crucial in suicide prevention! Call today if the cycle of substance use is taking over your life or to get resources for someone who needs help.**

SAMHSA (SUBSTANCE ABUSE AND MENTAL HEALTH ADMINISTRATION) helpline is available at no cost 24/7 365 days a year and offers treatment referral and information services for people and families dealing with substance use or mental health issues.

## TREATMENT OPTIONS FOR DRUG ADDICTION

While there are several treatment options available in dealing with substance use disorder, these have proven to be the most successful: 

- ➔ Behavioral counseling
- ➔ Medicines (for opioid, tobacco or alcohol addiction)
- ➔ Evaluation and treatment for co-occurring mental health issues (depression, antisocial personality disorder, bipolar disorder, anxiety)
- ➔ Long-term follow-up to prevent relapse
- ➔ Support systems (family, friends, caregivers)<sup>26</sup>

## SUPPORT GROUPS

Two of the best-known 12-step support programs for addiction are:

- Alcoholics Anonymous (“AA”)**
- Narcotics Anonymous (“NA”)**

These programs let groups work together to help and encourage people to stay clean from drugs and alcohol. Many times, they go along with a rehab program, but can be attended long after the rehab is completed.







TIPS FOR SAFE STORAGE

- Keep medicines safely stored out of sight
- Dispose of unused/expired medicines
- Use a medicine lock box

When medicines are no longer needed, it’s vital to dispose of them safely. This helps lessen the risk of harm from accidental or intentional misuse. It can also prevent damage to the environment, like the water supply. In addition, safe storage can keep adults from mixing up their own medicines by mistake.

Here are some tips for disposing of medicines from the U.S. Food & Drug Administration (FDA).<sup>27</sup>

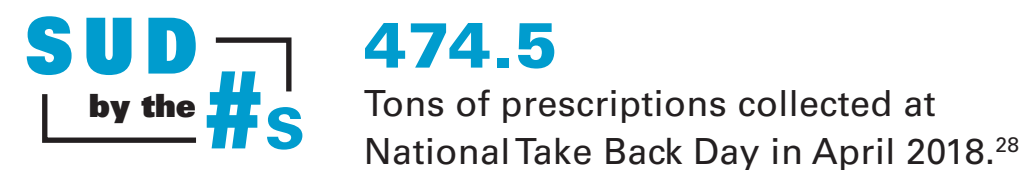
1. Mix Medicines	2. Place
Without crushing the capsules or tablet, combine the pills with an unpleasant substance like dirt, kitty litter or used coffee grounds.	Place the mixture in a container, such as a sealed plastic bag.
3. Throw	4. Scratch Out
Throw the container in your household trash.	Scratch out all personal info on the prescription label of your empty pill bottle or empty medicine package to make it unreadable. Throw out the container.

TAKE BACK DAY

Sponsored by the Drug Enforcement Agency (DEA), the **National Prescription Take Back Day** in April and October each year provides the opportunity to dispose of unused medicines and prevent misuse. Because unused prescription medicines wind up in the wrong hands, the DEA has set up these national events, providing safe collection sites.

ASK YOUR DOCTOR!

Ask your doctor, local health department, law enforcement or pharmacist for more information about safe medicine disposal in your area.



**MAT medications can also be disposed of. All medicines, including MAT medicines, should be locked in a safe place, especially out of reach of children. Children can accidentally overdose and die.**

For more info and to find medicine disposal locations in your area, visit [takebackday.dea.gov](https://takebackday.dea.gov)

ALWAYS ASK QUESTIONS BEFORE TAKING YOUR MEDICINE.



Make sure that you understand everything about taking your medicine. If you have any questions, talk to your doctor, pharmacist or care manager.

Some questions you might ask:

- I’m not sure how often I should take this medicine. Can you explain?
- I’m having trouble taking my medicine. Can a family member or health care member give it to me instead?
- Are there any short-term/long-term side effects I should watch for?
- What time of day should I take this medicine? Or does it matter?
- When can I stop taking this medicine?
- Are there any medicines I should avoid taking with this?
- Am I taking any medicines that this could interact with?
- Are there any foods to stay away from when taking this medicine?
- How long do I need to take this medicine before it starts working?
- Are there any alternative treatments (instead of taking this medicine)?
- What’s the brand name or generic name of this medicine?
- What should I do if I miss a dose?
- What should I do if I accidentally take more than I’m supposed to?
- What are the possible side effects?

QUESTIONS FOR MY DOCTOR OR CASE MANAGER

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A: \_\_\_\_\_

Q: \_\_\_\_\_

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**INSTRUCTIONS:** Use this chart to write down the medical conditions you have and the medicines you take to treat them. Use a dry erase, non-permanent marker to add/erase entries as needed. The static cling material will adhere to most smooth, dry surfaces.

**Peel at corner and apply to smooth surface.**

### Centers for Disease and Prevention (CDC)

cdc.gov

1-800-CDC-INFO (1-800-232-4636), TTY: 1-888-232-6348

### Substance Abuse and Mental Health Services Administration (SAMHSA)

findtreatment.samhsa.gov

National Helpline: 1-800-622-HELP (4357)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

### National Council on Alcoholism and Drug Abuse (NCADA)

ncada-stl.org

314-962-3456

### National Institute on Drug Abuse

drugabuse.gov

301-443-1124

### National Institute on Alcohol Abuse and Alcoholism

niaaa.nih.gov

### Indian Health Service: Alcohol and Substance Abuse Program (ASAP)

ihs.gov/asap/

## SUPPORT GROUPS

Adult Children of Alcoholics: **adultchildren.org**

Al-Anon/Alateen: **al-anon.org**

Cocaine Anonymous: **ca.org**

Crystal Meth Anonymous: **crystalmeth.org**

Co-Anon: **co-anon.org**

Co-Dependents Anonymous: **coda.org**

Emotions Anonymous: **emotionsanonymous.org**

Families Anonymous: **familiesanonymous.org**

Food Addicts Anonymous: **foodaddictsanonymous.org**

Gamblers Anonymous: **gamblersanonymous.org**

Heroin Anonymous: **heroinanonymous.org**

Marijuana Anonymous: **marijuana-anonymous.org**

Nar-Anon: **nar-anon.org**

Overeaters Anonymous: **oa.org**

Online Gamers Anonymous: **olganon.org**

Pills Anonymous: **pillsanonymous.org**

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## Use this workbook to learn about:

- Types of medicines
- Substance Use Disorder (SUD)
- Medication safety
- Pain and how to manage it safely
- Tips for preventing and treating substance misuse
- Addiction, dependence and withdrawal
- Helpful resources and answers to questions

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