



GOOD HEALTH

P A T I E N T N E W S L E T T E R

Opioids are drugs that help relieve pain. These medications are often prescribed by a doctor after surgery or an injury. Opioids can be a helpful form of treatment, but there are also risks with use. Work with your provider to make a treatment plan that is best for you.

- Prescription opioids can be prescribed for moderate to severe pain and certain medical problems, like cancer.
- Examples of prescription opioids include hydrocodone, oxycodone, codeine and morphine.

Reference: <https://www.cdc.gov/drugoverdose/data/prescribing/overview.html>



RISKS AND SIDE EFFECTS OF OPIOID USE:



- Addiction-being dependent on a drug
- Overdose-taking too much of a drug
- Confusion-unclear thinking
- Depression-sadness that lasts for longer periods of time
- Withdrawal-physical and mental effects that occur when use stops
- Constipation-difficulty with bowel movements
- Tolerance-needing more medicine for the same pain relief

KNOW THE FACTS: OPIOIDS

- **FACT:** The number of overdose deaths involving opioid prescriptions rose from 3,442 in 1999 to 17,029 in 2017.

Reference: <https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

- **FACT:** In 2018, there were 1304 opioid overdoses in the state of Tennessee.

Reference: <https://www.tn.gov/content/dam/tn/health/documents/pdo/Fatal%20Drug%20Overdose%20in%20TN%20Report.pdf>

- **FACT:** There were 342 reported overdose deaths in Mississippi, with 62% from opioids in 2018.

Reference: <https://standupms.org/wp-content/uploads/2019/04/Stand-Up-Fact-Sheet-2019.pdf>

- **FACT:** In 2017, there were 836 drug overdose related deaths in Alabama, and among those deaths, 419 involved opioids.

Reference: <http://www.alabamapublichealth.gov/pharmacy/assets/overdosesurveillancedatasummary.pdf>



WHAT YOU CAN DO:

- Talk to your doctor about your needs
- Do not misuse opioids
 - Never sell or share your medications
 - Never use someone else's prescription opioids
- Do not take more medicine than you are prescribed
- Learn more about the risks of opioid abuse and overdose at www.cdc.gov/drugoverdose
- If you think you have a problem, seek help
- Contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline at 1-800-662-HELP



BE OPIOID AWARE WORD SEARCH

Opioids are medications used to treat moderate to severe pain. "Be Opioid Aware" of the dangers of opioids and always use, store and dispose of them properly. Talk with your prescriber (physician, nurse practitioner, or dentist) about your pain relief options.

Instructions:

Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.



S	E	T	U	C	A	L	C	O	H	O	L	D	O	L	OPIOID
E	R	A	A	R	E	Z	I	I	I	U	Y	I	T	Q	PAIN
S	H	E	C	M	S	R	F	Z	Q	N	R	S	C	T	STORAGE
O	N	N	G	E	A	Q	A	K	R	N	E	P	S	E	DISPOSAL
D	O	T	M	A	T	H	F	H	M	O	V	O	L	U	MEDICATION
R	I	E	E	N	R	A	D	G	S	N	O	S	Z	W	PRESCRIPTION
E	T	N	D	N	O	O	M	Y	F	O	C	A	O	T	ALCOHOL
V	P	O	I	L	E	I	T	I	V	P	E	L	P	R	NONOPIOID
O	I	X	C	E	B	F	T	S	N	I	R	F	I	E	TREATMENT
H	R	O	A	W	U	K	O	C	D	O	P	P	O	A	ICE
Q	C	L	T	L	D	P	H	R	I	I	P	R	I	T	HEAT
S	S	A	I	N	I	A	P	E	P	D	S	H	D	M	ADDICTION
L	E	N	O	Y	F	C	B	R	A	U	D	L	E	E	RECOVERY
A	R	B	N	Z	T	R	W	W	S	T	B	A	Z	N	SHARE
N	P	B	Q	F	P	C	K	J	P	U	R	I	B	T	ACUTE
															OVERDOSE
															NALOXONE
															IBUPROFEN
															ACETAMINOPHEN

Reference: www.atomAlliance.org

COVID-19

The COVID-19 virus has spread throughout many countries, including the United States. This is a stressful time for both patients and staff. Please know that your facility has implemented new policies and procedures to keep everyone safe. Work together and follow your facility's policies and procedures to help reduce the spread of the virus to other patients and staff in the facility and the community. Wash your hands and be sure to let the staff in your facility know if you are feeling ill, have traveled, or been in contact with someone exposed to the virus. Find more information at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html> or <https://aakp.org/center-for-patient-research-and-education/coronavirus-resources/>.

To file a grievance, please contact Network 8 by phone at 1-877-936-9260, by email at nw8info@allianthealth.org, or by mail at 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157.

Visit www.esrdnetwork8.org for more information.
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