

Opioids and pain

Chronic pain affects 100 million Americans; more than cancer, heart disease and diabetes combined.

Opioids are a type of pain reliever that work on your nervous system. They include Norco, morphine, hydrocodone, vicodin, codeine, heroin and many others.

Opioids can have serious side effects and may not be the best way to manage your pain.

Talk to your doctor about other treatments for pain.



R SAFE
HUMBOLDT
Safer Care and Better Outcomes



Humboldt County
Department of
Health & Human
Services
*People helping people
live better lives*

Resources

To learn more and find options for alternatives to medication go to: rxsafehumboldt.org.

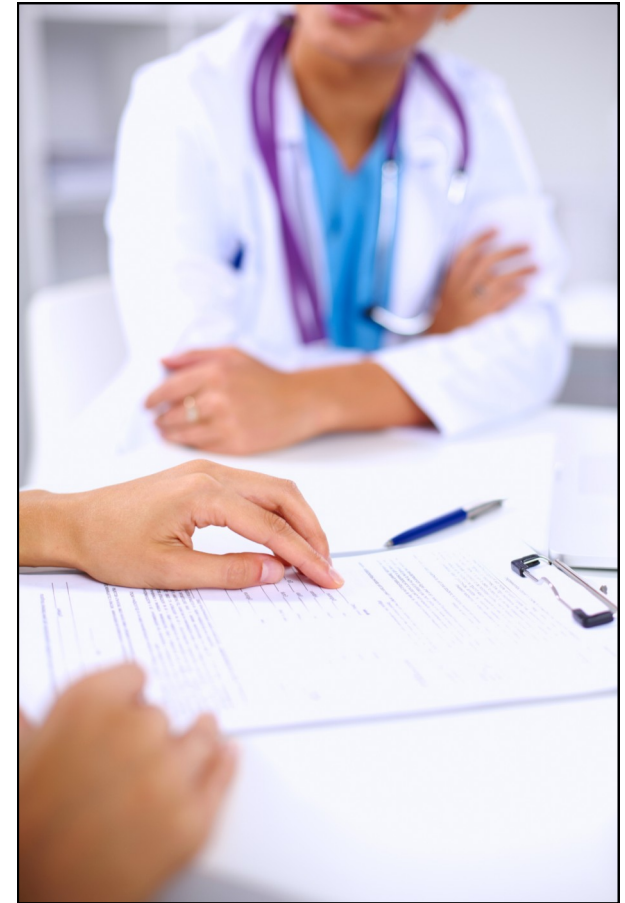
Safe disposal locations:
humboldt.gov/2151/Prescription-Drug-Safety.

Centers for Disease Control:
cdc.gov/drugoverdose/opioids.

Open Door Community Health Centers-Member Services
963 Myrtle Ave.
Eureka, CA 95501
Phone: 707-269-7073
memberservices@opendoorhealth.com

**St. Joseph Health Medical Group
Interventional Pain Management**
(formerly Humboldt Medical Specialists)
2773 Harris St., Suite A
Eureka, CA 95503
Phone: 707-476-2929

Treatment for addiction:
Humboldt County Department of Health & Human Services
Alcohol & Other Drug Programs
720 Wood St., Eureka, CA 95501
707-476-4054



Safer Treatment for Chronic Pain

Did you know?

- After two months, opioids usually stop working and you may feel more pain.
- If you take opioids for more than a month, there is a risk you may stay on them for life.
- One in four people who take an opioid prescribed to them have issues with addiction.
- Humboldt County has a high number of overdose deaths and hospitalizations. Two people a month die of opioid overdose.
- In 2014, 47,055 people in the United States died from overdose. This is more than the number that died in car crashes.
- Americans consume 80% of the world's opioid supply and 99% of the world's supply of hydrocodone.

Common Side Effects of Opioids

- Fatigue
- Depression
- Anxiety
- Nausea and vomiting
- Chronic constipation
- Breathing problems
- Irregular heartbeat
- Decreased sex drive
- Infertility
- Low testosterone in men
- Menstrual irregularities
- Complications with breastfeeding
- Compromised immune system
- Tolerance.



Serious Risks of Opioids

- Death
- Slow or difficult breathing
- Overdose
- Addiction.

Safer Ways to Treat Chronic Pain

- Physical therapy
- Exercise
- Massage
- Acupuncture
- Stop smoking
- Healthy diet
- Over-the-counter pain relievers like acetaminophen or ibuprofen
- Suboxone may work for your chronic pain. Talk to your doctor about this option.

If you take opioids

- **TAKE** as prescribed.
- **STORE** safely.
- **DISPOSE** of them properly when finished or expired.

Safe disposal locations:

humboldt.gov.org/2151/Prescription-Drug-Safety.