

DANGERS OF OPIOIDS

Prescription Opioids, such as OxyContin and Percocet, are extremely addictive. Opioids are also difficult to quit because of their terrible withdrawal symptoms.

Addicts may experience nausea, muscle aches, or insomnia, which may incline them to take even more pills. This dangerous cycle can easily lead one to an overdose.

High School Athletes and Prescriptions

A University of Michigan researcher uncovered a startling number in a 2013 national study:

By the time high school athletes become seniors, approximately 1.1% will have used a narcotic pain reliever such as OxyContin or Vicodin—for non-medical purposes.

"Male adolescent athletes who participated in competitive sports across the three-year study period had two times greater odds of being prescribed painkillers during the past year and had four times greater odds of medically misusing painkillers (i.e., using them to get high and using them too much) when compared to males who did not participate in competitive sports."

U-M researcher Philip Todd Velle

Why Athletes are at Higher Risk for Addiction

Young athletes will often get injured during practices or games and be prescribed opioids to relieve pain. Although they may only need a week's worth of pills, doctors will sometimes prescribe a month's worth of pills, which can lead to addiction. Many will keep these pills in their medicine cabinet and may use it later on to relieve pain, which can easily spiral them into addiction.

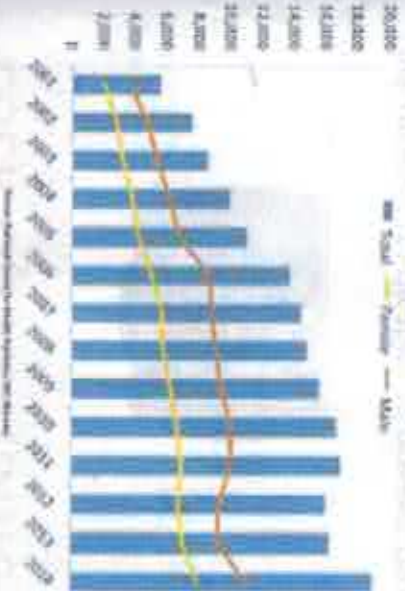
ASK YOUR DOCTOR

Ask your health care provider these questions **BEFORE** taking opioids.

- 1 Why do I need this medication - is it right for me?
- 2 How long should I take this medication?
- 3 What should I do with unused opioids medicine?
- 4 Can this medication react with other medication?
- 5 What if there is a history of addiction in my family?
- 6 How can I reduce the risk of potential side-effects to this medicine?
- 7 Are there non-opioid alternatives that could help me with pain relief while I recover?

National Overdose Deaths

Number of Deaths from Prescription Opioid Pain Relievers



Lock Up At Home

ABUSE/LIAISON

Dana Romano: 551-500-4642



Lock up your medication to prevent drug misuse and theft.

Buy a lockbox at www.lockmed.com

The Mahwah Municipal Alliance has set up a community liaison, Dana Romano, who fields calls from residents. Dana assists those in substance abuse-related crisis or family members and loved ones who need guidance on substance abuse issues.

All communications with Ms. Romano are strictly confidential and there is no fee to residents for her service.



PROJECT
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KNO-P101D

A DROP BOX IS AVAILABLE AT THE
MAHWAH POLICE DEPARTMENT

221 Franklin Turnpike
201-529-1000

To find prescription drug drop boxes
in other Bergen County towns or
other counties visit
www.americanmedicinechest.com



Instagram: @projectknoopioid



Twitter: @ProjectKNOopioid

Due to the fact that many people are unaware that using legitimate prescription opioids, such as oxycodone, can lead to addiction and use of illegal drugs, such as heroin, in what ways might we, the Community Problem Solving team of MHS, raise awareness of the potential dangers of using prescription opioid drugs so that the Mahwah community can make more educated pain management decisions, now and in the future?