



Wednesday's Theme

# PREVENTION OF OPIOID & PRESCRIPTION DRUG MISUSE

National Prevention Week 2015



The Voice of One,  
**the Power of All**

MAY 17 - 23, 2015





EVERY DAY

**44 PEOPLE** In the U.S.

**DIE FROM OVERDOSE**

of prescription painkillers

*...and many more become addicted*





## The Health Burden

- › The abuse of prescription drugs has led to a significant increase in emergency department visits and drug-related deaths over the past decade. Opioid pain relievers and benzodiazepines are the prescription drugs most commonly involved in these events. Excessive alcohol consumption also accounts for a significant health burden and is common among groups that report high rates of prescription drug abuse.

Source: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6340a1.htm>





## Example: Tramadol

- › Tramadol is a type of narcotic (i.e., opioid) pain reliever approved by the US Food & Drug Administration for the management of moderate to moderately severe acute or chronic pain in adults.
- › Tramadol is the active ingredient in the brand name drugs Ultram<sup>®</sup>, Ultram ER<sup>®</sup>, Ultracet<sup>®</sup>, ConZip<sup>®</sup>, Ryzolt<sup>®</sup>, and Rybix ODT.
- › Prescriptions for tramadol increased 88% from 2008 to 2013.

Source: [http://www.samhsa.gov/data/sites/default/files/report\\_1966/ShortReport-1966.pdf](http://www.samhsa.gov/data/sites/default/files/report_1966/ShortReport-1966.pdf)





## Tramadol cont'd

- › Although tramadol offers important medical benefits when used appropriately, it can have serious health consequences when taken without supervision, in larger amounts than prescribed, or in combination with illicit drugs, alcohol or other prescription over-the-counter meds. It can produce a modest level of physical dependence.
- › Emergency rooms have seen a significant increase in visits involving misuse or abuse of tramadol from about 250% from 2005-2011.
- › Among those visits, tramadol was combined with one or more other drugs, including pharmaceuticals, illicit drugs, prescription and/or over-the counter medications.

Source: [http://www.samhsa.gov/data/sites/default/files/report\\_1966/ShortReport-1966.pdf](http://www.samhsa.gov/data/sites/default/files/report_1966/ShortReport-1966.pdf)





Using personal experiences may not have scientific or statistical credentials, but they may have the powerful ability to reach out and touch someone's life.

Included are 3 heartfelt personal messages from women willing to share a part of their life and struggle with prescription drug misuse and abuse and the negative impact it has had on their life in hope that it may help someone else.





I am a 51 yr old female and have been in prison just over 2 yrs. During my life I have been able to get any kind of medication from a doctor. it is still drugs. After 30 yrs of use I lost everything. Don't think just because you get it prescribed that it can't be a real problem, because when you abuse anything (drugs alcohol) it is a real big problem and can cause you to loose everything you have maybe your life.





## Tips for Patients

- › Always follow the prescribed directions.
- › Be aware of potential interactions with other drugs.
- › Never stop or change a dose regimen without discussing with your healthcare provider.
- › Never use another persons prescription.
- › Always inform your healthcare provider of all prescriptions, over-the-counter meds, and dietary or herbal supplements you are using.
- › Unused medications should be properly discarded.

Source: <http://www.drugabuse.gov/publications/prescription-drugs-abuse-addiction/preventing-recognizing-prescription-drug-abuse>





I am a Female /white /age 50 and for the last 20 yrs. of my life I abused prescription medicine. I thought my life was wonderful ! I was happy and never thought I would get in trouble with the law. But after using for all that time, I did get in trouble. I have been married to the same wonderful man for 28 yrs. A son 25 and a daughter 19. I turned 50 yrs old in the county and now I am in prison. Please don't abuse and use because it is not worth ~~an~~ it. I promise I never want to see another Lorabid!!!!





## Resources

**Prescription Drug Safety** (retrieved from NY State Office of Alcoholism and Substance Abuse Services)

[https://www.oasas.ny.gov/publications/pdf/Prescription\\_Safety.pdf](https://www.oasas.ny.gov/publications/pdf/Prescription_Safety.pdf)

**Information for Family Members** (retrieved from Prescription Drug Misuse Website)

[http://www.prescriptiondrugmisuse.org/index.php?page=family\\_members](http://www.prescriptiondrugmisuse.org/index.php?page=family_members)

**Youth Prevention-** (retrieved from) Oakland County, Michigan

<https://www.oakgov.com/sheriff/Documents/ACHC%20Rx%20Parent%20Toolkit%202014%20v%202.pdf>





Female Age: 33

At age 26 I was in a car accident in which my back was broken. I soon became very dependent on pain pills & as a result I have been in prison for over 3 years. My advice to anyone in my situation is please try the non-narcotic approach to your pain first because before you know it, those little pills will cost you every thing you hold dear to you.





# Healthy People=Health Communities

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