

IT'S TIME TO TALK.®



Take control of your care.
Learn the questions you should
ask your doctor before taking
opioids.

THE HIDDEN DANGERS

Utah has an opioid problem. Each day, approximately 7,000 prescriptions are filled throughout the state. Addiction can happen in a hurry, with physical dependence taking place in just seven days. That's why most opioid addiction begins with a legal prescription. The longer you take opioids, the higher the chance of addiction. And overdose. And even death. It's a problem we can't ignore any longer. It's time to take control of your well-being and break up with opioids.

HAVE THE TALK



With all the talk out there about opioids, make sure you have the most important talk of all with your own doctor or dentist. For many, opioids might not be worth the risk. Talk to your doctor about the benefits and dangers of opioids. They are happy to discuss it with you and can help you make the best decision based on your individual needs.

SO, BEFORE YOU TAKE AN OPIOID, ASK THESE FIVE QUESTIONS:

- 1 Am I at risk for addiction?
- 2 Will something else work?
- 3 How long will I be taking them?
- 4 Are you prescribing the lowest possible dose?
- 5 What's the plan to taper me off?

ASK FOR ALTERNATIVE TREATMENTS

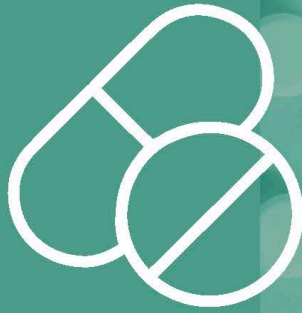


Nobody likes to experience pain. One way to manage pain is to opt out of opioids. Most Utahns struggling with opioid addiction received their first opioid prescription to treat a short-term injury or after surgery. Ask your doctor about safe alternatives to treat and manage pain. In fact, there are alternative treatments that can work better and have fewer risks and side effects:

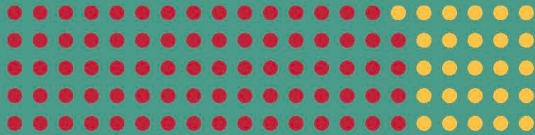
- A combination of acetaminophen (Tylenol®) and ibuprofen (Advil®)
- Naproxen (Aleve®)
- Physical therapy
- Certain medications that are also used for depression and seizures
- Interventional therapies (injections)
- Cognitive behavioral therapy



PROPER STORAGE AND DISPOSAL



There are no such things as safe leftovers. 74% of Utahns with an opioid addiction get them from a friend or family member.



The proper disposal of opioid prescriptions lessens the chance someone will become addicted to them. Safely dispose of your prescriptions properly in a pharmacy drop box to decrease the chance of dependence, addiction and accidents.

THE BENEFITS OF NALOXONE

More than 10 Utahns die every week from an opioid-related overdose. The risks of opioids are real, which is why having access to naloxone can save lives.

IT'S AN ANTIDOTE THAT CAN REVERSE OR STOP AN OPIOID OVERDOSE.

It should be used in combination with emergency care.

Naloxone rescue kits are available without prescription and should be a part of your home's first aid kit. You can obtain naloxone at pharmacies.

To find one near you, use the pharmacy finder tool at UtahNaloxone.org. You can learn more at PrescribeToPrevent.org. If you need additional help, email UtahNaloxone@gmail.com.

GET HELP 2-1-1

Opioids can be deadly when misused. If you, or someone else you know, is struggling with opioids, get help now.

Signs that you might have a problem include taking opioids more frequently than prescribed or in higher doses, as well as running out of prescriptions too soon.

Utah has many treatment resources available for overcoming dependence and addiction to pain medications. Please contact your health insurance provider, go to dsamh.utah.gov, or call 2-1-1 for local service or treatment centers.

GET A NALOXONE KIT AT YOUR LOCAL PHARMACY



FIND THE NEAREST DROP BOX AT USEONLYASDIRECTED.ORG.

