

PLAN AHEAD: DECIDE YOUR PAIN MANAGEMENT PLAN WITH YOUR PROVIDER

	PRESCRIPTION MEDICINE	OVER-THE-COUNTER	OTHER TREATMENT AND CARE NOTES
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			

TREATING PAIN:

WHAT ALASKANS SHOULD KNOW



If you've had an injury, surgery or dental work, you are likely to have pain. Some pain can be a normal part of healing.

Talk with your doctor to find the most effective treatment with the least risk.

WHY BE CAUTIOUS WITH OPIOIDS?

Opioid medications are chemically similar to heroin, with serious risk of addiction and overdose, even when taken as directed:



Drug overdose was Alaska's leading cause of accidental death for 2016. Opioid addiction is driving the epidemic.

Alaska Department of Health and Social Services

Nationally, 4 out of 5 heroin users started out misusing prescription opioids.



American Society of Addiction Medicine

"IS IT AN OPIOID?"

Some examples of opioid medication include:

- Codeine
- Fentanyl (Duragesic)
- Hydrocodone (Vicodin, Norco)
- Hydromorphone (Dilaudid)
- Meperidine (Demerol)
- Methadone
- Morphine (MS Contin, Kadian)
- Oxycodone (Opana)
- Oxycodone (OxyContin, Percocet)
- Tramadol (Ultram)



State of Alaska,
Michael J. Dunleavy, Governor

Department of Health and Social Services
Adam Crum, Commissioner
Anne Zink, MD, FACEP, Chief Medical Officer

Office of Substance Misuse and Addiction Prevention



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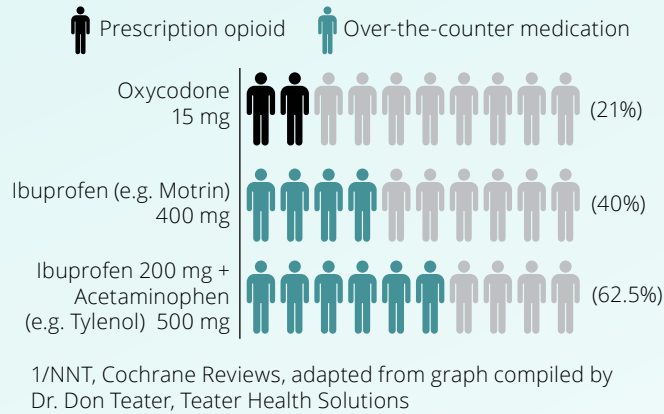
ADDITIONAL SOURCES: *Effect of a Single Dose of Oral Opioid and Nonopioid Analgesics on Acute Extremity Pain in the Emergency Department: A randomized Trial, JAMA, November 2017. Volume 318, No. 17.*

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NON-OPIOID PAIN TREATMENT

When taking medication for pain, it is often best to start with non-opioid pain treatments. Consider other options that may work just as well, but have far fewer risks.

Over-the-counter options are effective. This graph shows the number of people getting 50% pain relief from acute pain after an operation:



Depending on the kind of pain, there may be non-medication pain treatment options to consider:



Physical therapy, massage and acupuncture.



Counseling with a psychologist, social worker, psychiatrist or other therapist for help managing the emotional aspect of pain.



Exercises such as walking, pilates, core exercises, swimming, dancing, and yoga.



Other options such as diet and nutrition, art and music therapy, functional medicine, traditional medicine, and meditation.

OPIOID MEDICATION: WHAT YOU NEED TO KNOW

While opioid medications are sometimes the right choice for treating severe pain, such as from cancer or immediately after a surgery, there are many things to consider.

IF YOU'RE PRESCRIBED AN OPIOID, DISCUSS WITH YOUR PROVIDER ...



- » History of trauma, psychiatric illness including anxiety or depression, and personal or family history of substance use disorder.
- » Medications, alcohol or other substances you may be using.
- » Dosing and timing of opioid medication.
- » Side effects such as dizziness, difficulty breathing, constipation, sexual dysfunction, worsening pain, overdose, or others.

IF YOU'RE PRESCRIBED AN OPIOID FOR ACUTE PAIN ...



- » Opioid prescriptions should ideally be for no more than a three day supply (often this is as few as 10 pills).
- » The fewer days you're on an opioid, and the lower the dose, the lower the risk of dependence will be. Ask for the lowest dose possible, for the shortest amount of time.

HELP KEEP YOU AND THOSE AROUND YOU SAFE.



SECURELY STORE MEDICATION

Store out of reach of children, teens and others for whom they are not intended.



SAFELY DISPOSE OF UNUSED MEDICATION

Disposal kits are available at many Alaska Public Health Centers, and additional resources can be found at www.takebackday.dea.gov.



NEVER SHARE PRESCRIPTION DRUGS

Sharing puts people at unnecessary risk for addiction, overdose and even death. Prescription opioids are controlled substances — sharing