

An opioid is only considered to be an effective treatment when you've exhausted all other viable medication and non-medication options.

THE FACTS ABOUT OPIOIDS:

Chronic pain is one of the most common reasons people ask their healthcare provider for an opioid prescription, yet it's rarely an effective treatment. Opioids are a short term solution following a severe injury, illness or surgery. Long-acting or extended-release opioids are rarely appropriate for back pain. This misunderstanding might explain why opioids are prescribed all too often.

WHAT TO EXPECT FROM YOUR PHYSICIAN:

From moderate to severe back or neck pain, treatments other than opioids work better and have fewer risks.

Over-the-counter medicines include Acetaminophen (Tylenol® or generic), Ibuprofen (Advil®, Motrin IB® or generic), Naproxen (Aleve® or generic), topical non-steroidal anti-inflammatory drugs (NSAIDs), and heat rubs.

Non-Drug Treatments include exercise/activity, self-treatment methods, manual therapies/spinal manipulation, massage therapy/acupuncture, cognitive behavioral therapy or injections such as steroids.

Other prescription drugs include NSAIDs, anti-seizure drugs, gabapentinoids and antidepressants.



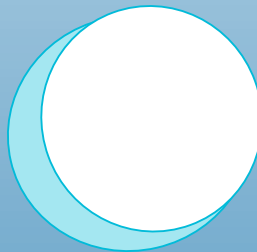
OPIOID EFFECTIVENESS DECREASES OVER TIME.

It's quite common for people to develop a tolerance to opioids, which requires increasing the dose to help maintain the delivery of pain relief.

POTENTIAL SIDE EFFECTS OF OPIOIDS CANNOT BE UNDERESTIMATED:

- Constipation
- Drowsiness
- Nausea
- Vomiting
- Chemical dependence
- "Rebound" - increased severity of pain despite dosage.
- Overdose
- Death

There are more than 160 deaths per day in the U.S. from opioids.



A DOCTOR WILL NOT PRESCRIBE AN OPIOID PAIN RELIEVER WITHOUT A FULL EVALUATION OF YOUR CURRENT MEDICAL CONDITION.

This will include a physical and neurological examination to assess your pain including location, intensity, frequency and all the treatments you've tried.

Questions?

**Text: #IQuestion
or call 1.800.531.0987**