

ALTERNATIVE PAIN THERAPIES

- **CHIROPRACTIC CARE:** Moving the spine to aid in the body's self-healing process
- **OSTEOPATHIC MANIPULATION:** Supports the body's natural ability to heal
- **PHYSICAL THERAPY:** Active exercises to restore muscle mass and preserve the normal range of joint motion
- **TENS UNIT:** Relief of pain by applying electrical stimulation to the skin
- **ACUPUNCTURE:** Insertion of small needles to areas of the body will relieve pain and treat assorted illnesses
- **ACUPRESSURE:** Applying pressure to areas of the body will relieve pain and treat assorted illnesses
- **EXERCISE (Yoga, Tai Chi, Walking):** Helps reduce tension, anxiety, depression, fatigue and nausea
- **HEAT:** Reduces the pain caused by sore muscles and muscle spasms
- **ICE:** Reduces the pain that comes from joint problems or irritated nerves
- **MASSAGE:** Helps the body heal itself by breaking down muscle tension and pressure on the nerves
- **RELAXATION THROUGH DEEP BREATHING:** Helps with ability to cope, to control stress and slow thinking down

- American Pain Society

HELP PREVENT ADDICTION, MISUSE AND ABUSE

- Never sell or share prescription opioids.
- Never use another person's opioids.
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends and family).

SAFELY DISPOSE OF UNUSED PRESCRIPTION OPIOIDS

When you are fully recovered or the narcotic is no longer necessary, please do your part to prevent narcotics from being stolen or misused. A waste disposal box for all unused medications is located at **The Sheridan Police Department, 45 West 12th Street.**

Visit [cdc.gov/drugoverdose](https://www.cdc.gov/drugoverdose) to learn more about the risks of opioid abuse and overdose.



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PRESCRIPTION OPIOIDS



PRESCRIPTION OPIOIDS

Opioids are often prescribed to help relieve moderate-to-severe pain following a surgery, injury or a specific health condition. Common opioid types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone. Fentanyl is a synthetic opioid pain reliever.

The goal of pain management is not to completely eliminate pain. The goal is to bring pain to a tolerable level, so that a person can comfortably work or go about their day-to-day activities.

TALK TO YOUR DOCTOR

- Work together to create a plan on how best to manage your pain.
- Consider over-the-counter pain relievers and therapeutic approaches to help manage your pain in place of prescription opioids.
- Talk about any and all concerns and examine the side effects.

While opioids play a significant role in treatment, it is important to be aware of the possible side effects and serious risks they pose. Extended use can lead to addiction or overdose.

SIDE EFFECTS

- Tolerance (diminished response to a drug that is the result of repeated use)
- Physical dependence (symptoms of withdrawal when the medication is stopped)
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone (resulting in lower sex drive, energy and strength)
- Itching and sweating

RISKS

Do not drink alcohol while taking prescription opioids.

Do not use the following medications with opioids, without consulting your doctor first:

- Benzodiazepines (such as alprazolam, lorazepam or diazepam)
- Muscle relaxants (Such as carisoprodol or cyclobenzaprine)
- Hypnotics (such as zolpidem or eszopiclone)
- Other prescription opioids

UNDERLYING CONDITIONS THAT CAN INCREASE HEALTH RISKS WHEN USING OPIOIDS

- History of drug misuse, substance abuse or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep Apnea
- Older age (65 years or older)
- Pregnancy

KNOW THE NAME OF YOUR MEDICATION, HOW MUCH TO TAKE AND HOW OFTEN TO TAKE IT.

