



TAKE ACTION TO PREVENT PRESCRIPTION PAINKILLER MISUSE

- Discuss effective painkiller alternatives to prescription opioids (or narcotics) with your doctor, physician, dentist or prescribing medical professional.
- Talk to your kids about the dangers of taking medications not prescribed for them, especially prescription painkillers.
- Take medicine only if it has been prescribed for you by your doctor, physician, dentist or prescribing medical professional.
- Take your medication only as long as it's needed, and never more than directed by your prescribing medical professional.
- Store your prescription painkillers securely – ideally, locked in a cabinet or drawer.
- Dispose of unused, expired or unwanted medication properly. For a list of Drug Take Back locations in Texas, visit DoseOfReality.Texas.gov.

For even more of a Dose of Reality with regard to prescription painkillers, talk with your doctor, dentist, pharmacist or prescribing medical professional, or visit DoseOfReality.Texas.gov. In case of emergency, call 9-1-1.



Learn more at: DoseOfReality.Texas.gov

A message from Office of the Texas Attorney General, Texas Health and Human Services, and the Texas Department of State Health Services.



TEXAS
Health and Human
Services

Texas Department of State
Health Services



DOSE OF REALITY
PREVENT PRESCRIPTION PAINKILLER MISUSE IN TEXAS.

WHAT PATIENTS SHOULD KNOW ABOUT PRESCRIPTION PAINKILLERS

MYTH: PRESCRIPTION PAINKILLERS ARE COMPLETELY SAFE BECAUSE THEY ARE PRESCRIBED BY A DOCTOR.

DOSE OF REALITY: IN 2015, MORE THAN 45% OF OPIOID-RELATED POISONING DEATHS IN TEXAS INVOLVED A PRESCRIPTION OPIOID.

Doctors, physicians, dentists and prescribing medical professionals prescribe opioid (or narcotic) painkillers like hydrocodone and oxycodone to help treat severe or chronic pain, but the truth is that the risk of addiction for these types of painkillers is high. However, there are effective painkillers available that are non-narcotic. Talk with your prescribing medical professional about whether you should consider alternatives available to you and your family.



Common Opioids/Narcotics

Codeine

Various Brand Names

Hydrocodone

Brand Names: Vicodin®, Lortab®, Lorcet®

Oxycodone

Brand Names: OxyContin®, Percodan®, Percocet®

Fentanyl

Brand Names: Actiq®, Duragesic®, Sublimaze®

Morphine

Brand Names: Duramorph®, Roxanol®

MYTH: Misusing prescription painkillers is most common among older adults.

DOSE OF REALITY: Young people ages 18-25 misuse prescription opioids the most.

You may be surprised to learn that young people are the most at risk for misuse of prescription painkillers. It can be commonly accepted to believe that opioid painkillers are safe because they are prescribed by a doctor. However, since about 3 out of 4 people who use heroin start with misuse of prescription painkillers, it's important that everyone, especially teens and young adults, become aware of their risks and dangers.

MYTH: Most people who are misusing prescription painkillers get them from their doctor, dentist or pharmacist.

DOSE OF REALITY: More than half of people misusing prescription painkillers get them through friends or relatives.

Many people don't realize the risks and dangers of prescription painkillers, especially prescription opioids/narcotics. It may seem harmless to share a pill with someone or to take one being offered, but remember that you may be harming yourself or others.