

Resources

“Every **19** minutes someone dies of prescription drug **overdose** in America”

-CNN “Deadly Dose” Documentary

“More Americans **die** of prescription drug **overdose** than on the highways each year”

-US Centers of Disease Control

Opioid Dependency - Is Not Addiction

Opioids may naturally cause physical dependency (tolerance & withdrawal)

Tolerance

Higher and higher doses of opioids are required over time in order to achieve the same effect.

Withdrawal

Negative physical and mental side effects occur after extended use of a drug is reduced abruptly or stopped.

5,000 copies of this public document were published at an estimated cost of \$0.08 per copy, for a total cost of \$386.00, which includes \$386.00 for printing and \$0.00 for distribution.



If You See Signs or Symptoms of Overdose Call 911 and/or Contact:

Rocky Mountain Poison Center

1 (800) 222-1222

www.rmpdc.org



If You See Signs or Symptoms of Dependency or Addiction Contact:

The doctor who prescribes your opioid medication

Department of Health & Human Services

Chemical Dependency Bureau

(406) 444-3964

www.dphhs.mt.gov

or directly to

www.dphhs.mt.gov/amdd/chemical-dependency-services/index.shtml

Assistance with Return to Work:

Stay at Work/Return to Work Program

(406) 444-1752

Email: sawrtwrquest@mt.gov

Montana Department of Labor and Industry

(406) 444-6543

Email: dliquestions@mt.gov

P.O. Box 1728

Helena, MT 59624-1728



Your Health Matters

Learn About Opioid Dependency



Montana Department of
LABOR & INDUSTRY
Employment Relations Division

Symptoms of Withdrawal

Physical Symptoms:

Tremors, abdominal pain, chills, perspiration, nausea, vomiting, diarrhea, flu-like symptoms, restless legs and rapid heartbeat.

Mental Symptoms:

Cravings for opioids, malaise, anxiety/panic attacks, paranoid thinking, dizziness, difficulty sleeping, and depression.

Serious Symptoms:

Cardiac arrhythmias, strokes, seizures, dehydration and suicide attempts.

Am I Dependent?

- Do you feel a strong need to take your opioid medication?
- Do you have difficulty controlling your use of opioid medication?
- Do you experience tremors, anxiety or other withdrawal symptoms when reducing your medication?
- Do you have to take more medication to ease the pain?
- Do you neglect food, hygiene or health care?
- Do you want to continue using your medication despite clear evidence of problems it is causing you?

Score: ____ / 6

* If you answered “yes” to three or more of these statements, you may have opioid dependence and be at risk for addiction.

Why It Matters?

“More Montanans **die** from prescription drug overdose **than traffic crashes**”

-MT DOJ, Forensic Science Division, 2011

Opioid dependency puts you at risk for:

- Death
- Nausea
- Constipation
- Sedation
- Fatigue
- Mental Confusion
- Difficulty Breathing
- Drowsiness
- Itching

Remember...

- Never take an opioid pain reliever unless it is prescribed for you
- Always take opioids as directed
- Do not use opioids with alcohol or other drugs or medicines
- Protect and lock up your opioids in a safe place, and properly dispose of leftover medicine
- Never share opioids with another person
- Be prepared for opioid emergencies
- Contact your doctor with any questions

Be on the Alert for...

Opioid Overmedication or Overdose

- Intoxicated behavior – confusion, slurred speech, stumbling
- Feeling dizzy, faint or drowsy
- Shortness of breath, slow or light breathing, or stopped breathing
- Unusual snoring, gasping, or snorting during sleep
- Difficulty waking up from sleep and becoming alert or staying awake
- Slow, unusual or stopped heartbeat



CAUTION:

A person who at first only seems to be overmedicated may get much worse. They should be kept awake and watched closely.
Call 911.