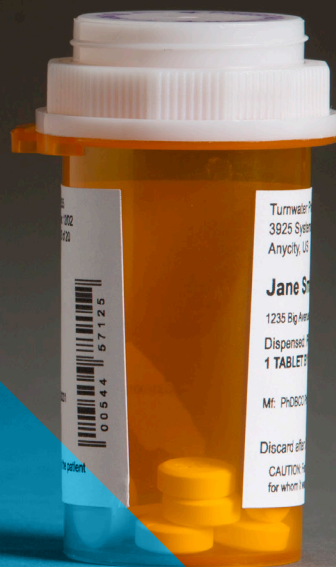


# Take Action to Prevent Addiction

## Learn how to reduce risk.



## Know the Facts About Opioids

**41 PEOPLE DIE EVERY DAY**

Every day in the United States, 41 people lose their lives to prescription opioid overdose.

Prescription opioids—like hydrocodone, oxycodone, and morphine—can be prescribed by doctors to treat moderate to severe pain but can have serious risks and side effects.



**ANYONE CAN BECOME ADDICTED**

Opioids are highly addictive. Research shows that if you use opioids regularly, you may become dependent on them.

That's because opioids change how the brain and nervous system function. **You can't know how your brain will react to opioids before taking them.**

### Talk With Your Doctor

Your doctor may talk to you about prescription opioids for pain treatment. Ask about the risks and benefits so that you can work together to decide what is best. You can also ask your doctor to help you find other safer ways to manage pain.

## It Only Takes a Little to Lose a Lot

**Opioids can be addictive and dangerous.**

Risks include misuse, addiction, and overdose.



**Opioids affect the part of the brain that controls breathing.**

If you take too high a dose, it can slow your breathing and cause death.



**Combining opioids with alcohol and other drugs—like sleeping pills or cough medication—increases your chances of death.<sup>1</sup>**



# Start the Conversation

Protect yourself and others by talking about your questions and concerns.



## Talk with your doctor.

Ask about nonopioid pain management options, addiction, and overdose risks.

## Talk with your loved ones if you're concerned about opioid misuse or addiction.

Let them know that you care about them, and be patient and open when listening so that they feel heard and valued.

## Encourage your loved ones to get help if they need it.

Help them look for treatment, and offer to go with them to their first appointment. Your support can make a difference.

## Tips to Reduce Risk

Follow these tips to protect yourself and those you care about.



Only take prescription medication that is prescribed to you. **Don't share medication with others.**



**Take the medicine as prescribed.** Don't use medications in greater amounts, more often, or longer than directed by your doctor.



### Dispose of expired or unused prescription opioids.

Remove them from your home as soon as possible to reduce the chance that others will misuse them. To get rid of prescription opioids and other medications safely:

- Check with your pharmacist to see if you can return them to the pharmacy.
- Find a medicine take-back option near you at [takebackday.dea.gov](https://takebackday.dea.gov).



**Keep medicines in a safe place.** It's best to store prescription opioids in a place that can be locked—like a keyed medicine cabinet—to keep them secure from children and visitors.

## Treatment Support

For those who might have an opioid use disorder, call SAMHSA's National Helpline at **1-800-662-HELP**.

Find opioid treatment options in your state at [goo.gl/Gtkv9C](https://goo.gl/Gtkv9C).

Learn the signs of a quality treatment center at [goo.gl/X1FCGW](https://goo.gl/X1FCGW).

Hear real stories about recovery from prescription opioids at [cdc.gov/RxAwareness](https://cdc.gov/RxAwareness).



Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems.

## Short-term health risks

### Injuries

- Motor vehicle crashes
- Falls
- Drownings
- Burns

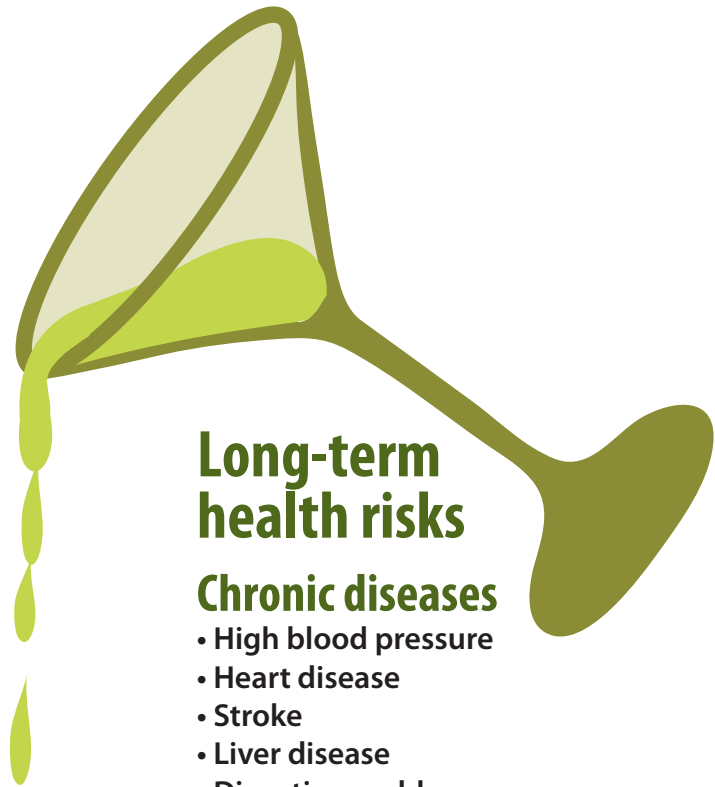
### Violence

- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

### Alcohol poisoning

### Reproductive health

- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders



## Long-term health risks

### Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

### Cancers

- Breast
- Mouth and throat
- Liver
- Colon and rectum
- Esophagus
- Voice box

### Learning and memory problems

- Dementia
- Poor school performance

### Mental health

- Depression
- Anxiety

### Social problems

- Family problems
- Job-related problems
- Unemployment

### Alcohol use disorders

# Alcohol Use and Your Health

Accessible version: <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Drinking too much can harm your health. Excessive alcohol use leads to more than 140,000 deaths in the United States each year, shortening the lives of those who died by an average of 26 years. The economic costs of excessive alcohol consumption in 2010 were estimated at \$249 billion, or \$2.05 a drink.

## What is considered a “drink”?

US Standard Drink Sizes



ABV = Alcohol by Volume

## Excessive alcohol use includes:



### Binge Drinking

For women, 4 or more drinks consumed on an occasion

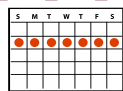


For men, 5 or more drinks consumed on an occasion



### Heavy Drinking

For women, 8 or more drinks per week



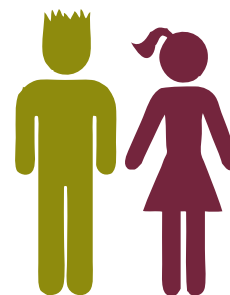
For men, 15 or more drinks per week



### Any alcohol use by pregnant women



### Any alcohol use by people younger than 21



## If you choose to drink, do so in moderation.

**DON'T DRINK AT ALL** if you are younger than 21, or if you are or may be pregnant, or if you have health problems that could be made worse by drinking.

**FOR WOMEN, 1**  
drink or less in a day



**FOR MEN, 2 drinks**  
or less in a day



Or nondrinking

People who don't drink alcohol **SHOULD NOT START** for any reason. **DRINKING LESS** is better for health than drinking more.



**Centers for Disease Control and Prevention**  
National Center for Chronic Disease Prevention and Health Promotion