FACTS ON PRESCRIPTION OPIOIDS AND HEROIN

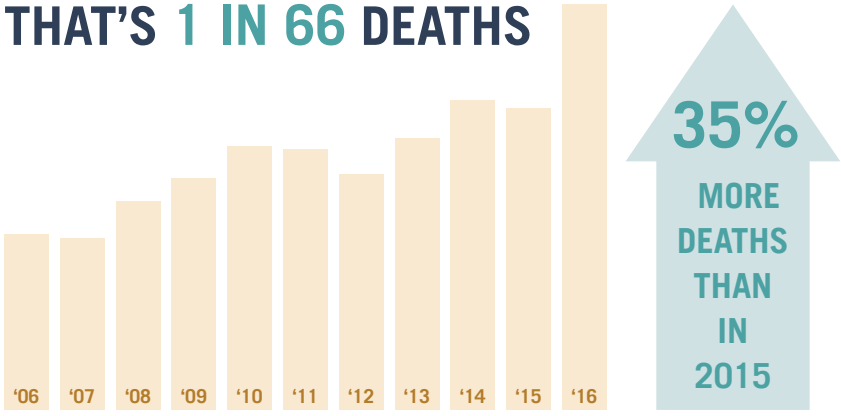
The non-medical use of prescription medications has increased in the past decade and has surpassed all illicit drug usage except marijuana in the United States.

Misusing prescription drugs can have serious health effects, including addiction. Misuse occurs when taken:

- by someone other than prescribed
- for reasons other than prescribed
- in dosages other than prescribed

908 MISSOURIANS DIED FROM AN OPIOID OVERDOSE IN 2016

THAT'S 1 IN 66 DEATHS



LOSS OF TOLERANCE

Regular use of opioids leads to greater tolerance because more is needed to achieve the same effect. Overdoses can occur when people begin using again following a period of not using, such as coming out of treatment.

MIXING DRUGS

Mixing heroin or prescription opioids with other drugs, especially depressants like benzodiazepines or alcohol, can lead to an accidental overdose, respiratory problem or death.

SERIOUS ILLNESS

Serious illnesses like HIV/AIDS, Hepatitis B or C, heart disease or Endocarditis increase the risk of overdosing.

COMMONLY MISUSED PRESCRIPTION DRUGS

OPIOIDS

Indicated for pain

- Hydrocodone (Vicodin)
- Oxycodone (Oxycotin)
- Oxymorphone (Opana)
- Hydromorphone (Dilaudid)
- Meperidine (Demerol)
- Diphenoxylate
- Codeine
- Fetanyl
- Morphine
- Opium and any other drug with morphine-like effects

DEPRESSANTS

Indicated for anxiety and sleep disorders

- Barbiturates
  - Pentobarbital Sodium (Nembutal)
- Benzodiazepines
  - Diazepam (Valium)
  - Alprazolam (Xanax)
  - Clonazepam (Klonopin)

STIMULANTS

Indicated for ADHD

- Dextroamphetamine (Dexedrine)
- Methylphenidate (Ritalin & Concerta)
- Amphetamines (Adderall)

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PREVENTING PRESCRIPTION DRUG MISUSE

LOCK YOUR MEDICINE CABINET

Prevent others from accessing your medication by securing it in a safe location.

TAKE INVENTORY

Write the name and quantity of your medications. Check it regularly to ensure nothing is missing.

THE PEAK AGE GROUP FOR HEROIN AND OPIOID-INVOLVED OVERDOSES WAS 45-54 FROM 2011-2015 AND 25-34 IN 2016, INDICATING A DRASTIC INCREASE IN POPULARITY AMONG YOUNG ADULTS.

PROPER DISPOSAL

Properly dispose of unused or expired medications by dropping them off at a drug takeback location in your community. You can see a list of locations at opioids.mo.gov.

SET RULES AND MONITOR BEHAVIOR

Express your concerns regarding the inappropriate and dangerous use of medications without a prescription. Monitor your child's behavior to ensure the rules are being followed.

EDUCATION

Learn about commonly misused prescription medications and share your knowledge, experience and support with others.

GET NALOXONE

Naloxone is a medication that quickly reverses the effects of an opioid overdose, usually within one to three minutes.

Any person who voluntarily requests naloxone from a Missouri pharmacy for themselves or to assist a person experiencing an opioid overdose is eligible to purchase naloxone, with or without a prescription.

DEPARTMENT OF LABOR & INDUSTRIAL RELATIONS

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