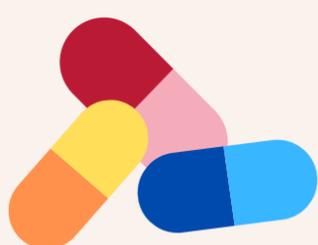
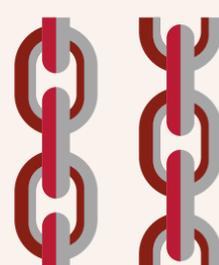


OPIOID ADDICTION IS A WOMEN'S HEALTH ISSUE



What are opioids?

- A class of drugs prescribed to reduce pain
- Can also lead to euphoria (a "high")
- Examples include hydrocodone, oxycodone, oxymorphone, morphine, codeine, fentanyl, and heroin
- It is easy to become addicted to these drugs, especially if you are a woman



What is opioid addiction?

- A chronic health condition caused by changes in your brain from opioid misuse
- When stopping opioids causes illness or distress
- Signs can be inability to cut down or control use of opioids, or when use causes inability to care for home or family, or job or social problems



What about women?

- Women have more diseases that cause chronic pain
- Women have more intense responses to pain
- Women are prescribed opioid pain medication more often than men
- Women are more likely to be prescribed opioids with tranquilizers (benzodiazepines) - both of these drugs can stop one from breathing
- Women are more likely to become addicted to prescription opioids even with lower doses of opioids and shorter periods of time



Why the difference in women?

- Different brain and spinal cord pathways in women and men
- Differences between women and men in how the brain responds to opioids



What can you do?

- You can talk with your doctor about options other than opioids for your pain
- You don't need to finish your prescription - take only what you need for your pain!
- Store your opioid prescription in a safe place to prevent others from misusing
- Have naloxone available and know how to use it in case someone overdoses
- Safely dispose of unused pills - Ask your healthcare provider or pharmacist about drug take-back locations

Do you or someone close to you need help with opioid addiction?

Talk to your doctor or call SAMHSA's National Helpline at 1-800-662-HELP or go to findtreatment.samhsa.gov

To Learn more:

cdc.gov/drugoverdose/opioids



American Medical Women's Association