

# DON'T LET AN INJURY LEAD TO AN OPIOID ADDICTION

## High School Athletes - The Statistics

- 2 million are expected to suffer a sports injury this year
- Many will be prescribed opioid painkillers
- 75% of high school heroin users started with prescription opioids
- 28.4% used medical opioids at least once over a three year period
- 11% have used an opioid for nonmedical reasons
- Nearly 25% of students who chronically use prescription opioids also use heroin

### What are Opioids?

*Opioids are a powerful and addictive type of prescription painkiller that have similar properties and addiction risks as heroin. While opioids may provide temporary relief, they do nothing to address the underlying injury and can have serious side effects. These drugs lead to dependence, tolerance, accidental overdose, coma and death. First time opioid users have a 64% higher risk of early death than patients who use alternative pain medicine.*

**The most commonly prescribed opioid painkillers in Ohio are:**

*Oxycodone (OxyContin)  
Hydrocodone (Lortab & Vicodin)*

### How to Protect Your Child

- Talk to your healthcare provider about alternative pain management treatment options (below).
- If your child is prescribed an opioid painkiller, talk about the dangers of misusing medication, including overuse and medication sharing.
- Monitor your child's intake of prescription medication to ensure he/she is following dosage instructions.
- Safely dispose of any unused medication through a prescription drug drop box or a DEA Take-Back program.

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### Non-Narcotic Pain Management Alternatives

Physical Therapy  
Chiropractic Care  
Massage Therapy  
Acupuncture  
Over-the-Counter Medication