





1 in 4
people receiving
long-term opioid therapy
**STRUGGLES WITH
ADDICTION**

Prescription opioid addiction A GROWING EPIDEMIC...




-  Opioids work by blocking the feeling of pain without fixing the underlying cause.
-  Prescription opioids may be habit forming and lead to addiction even when taken as prescribed.
-  Patients taking prescription opioids are also at risk for impaired breathing, unintentional overdose or death.
-  Caution when taking prescription opioids with:
 - alcohol
 - benzodiazepines (ex. Xanax®, Valium®)
 - muscle relaxers (ex. Soma®, Flexeril®)
 - hypnotics (ex. Ambien®, Lunesta®)



*Developed in partnership with the ND
Board of Pharmacy and ND
Pharmacist Association*

For more information, go to:
prevention.nd.gov/takeback

KEEP YOURSELF AND YOUR LOVED ONES SAFE:

-  **Lock**
Keep medication out of sight and in a safe and secure place.
-  **Monitor**
Keep track of medication and take only as directed.
-  **Take Back**
Drop off unused medication at local Take Back locations.
To find a location near you, go to www.takeback.nd.gov.

IF YOU ARE CONCERNED:

- Talk to your pharmacist or practitioner about [naloxone](#), a treatment to reverse overdose.
- Follow-up with your practitioner
- Find behavioral health treatment providers at www.findtreatment.samhsa.gov.