

PREVENTION TALKS: OPIOID CRISIS

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What are Opioids?

Opioids are a class of drugs that can be used medically to reduce pain as prescribed by a doctor. There are multiple illegal 'street' drugs also in this class, such as heroin and illegally dispersed prescription medication such as oxycodone and the synthetic opioid fentanyl. Only when prescribed by a doctor and medically needed their benefits outweigh the risks.



There is a misconception that all opioids are safe because they are prescribed by doctors. However, they require a prescription for use because doctors must ensure the benefits outweigh the possible risks. There are many factors such as age, weight, health, addiction risk, etc. that doctors must assess before prescribing them.

Dangers & Precautions

As briefly discussed, Opioids have risks attached to their use. A single dose can cause your heartbeat and breathing to slow. Taking opioids with alcohol or other sedatives can increase these risks and gradually will need a higher dose to have the same effects. It is important to note, increasing the dosage increases the risks/side effects. Opioid addiction is serious and can be very difficult to discontinue use due to withdraw symptoms which occur. If prescribed any type of opioid, you should follow all specific instructions provided by your doctor.

Every patient is different and everyone's reaction to opioids is different. If your child is prescribed opioids for any reason, it should be closely supervised. Store all pills, including your own, in a safe place that is not readily accessible and can be locked away. According to the Food and Drug Administration (FDA), The best way to dispose of most types of unused or expired medicines is to drop off the medicine at a drug take back site, location, or program immediately.



Overdose

Overdose is when a person has taken too much of a substance which leads the body to shut down. It can cause convulsions, seizures, nausea, vomiting, coma, and death. Overdose can be avoided by only using opioids according to a doctor's prescription and instructions. It is important to discuss these things with your child even if they are not prescribed opioids.

In the event there is a suspected overdose, before calling 911, a nasal spray by the brand name Narcan can be administered to counteract some of the life-threatening symptoms of overdoses. Narcan contains a medication called naloxone that can be vital to saving an overdosing person's life while you wait for medical assistance. It can be provided to you after a short training session. If interested, contact DLC for more information.



Signs of Overdose

If you notice any of these signs or symptoms, you should immediately call 911.

- Pinpoint pupils
- Confusion
- Shaking, tremors and coldsweats
- Changes in or difficulty breathing
- Unconsciousness

Upcoming Events:

Active Parenting Classes:

Beginning May 25, 2023

To register contact the Prevention Department by calling 239-263-4013



Know the Signs

Due to all of the dangers of opioid misuse, it is important to know the signs in other people so you can keep you and your loved ones safe. If you notice any of these signs in a friend or family member, you may want to have a conversation with them concerning their health and safety. Some signs may include:

- Confusion and poor coordination
- Mood changes and mood swings, abnormal behavior for the individual
- Changes in sleep patterns
- Slurred speech
- Flu-like symptoms, dry or itchy skin
- Constricted pupils
- Poor decision-making, including putting himself or herself and others in danger
- Drowsiness, becoming distant and detached
- Nausea and vomiting



Horseshoe Drive Location | Prevention Services
2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register contact 239-263-4013
Prevention Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

