

Dont Be Afraid to Take Action!

Statistics on overdose deaths

Opioids are natural or synthetic chemicals that bind to receptors in your brain or body. Common opioids include heroin and prescription drugs such as oxycodone, hydrocodone, and fentanyl.

The United States is in the midst of a prescription opioid overdose epidemic. In 2014, more than 28,000 people died from opioid overdose, and at least half of those deaths involved a prescription opioid. Many more became addicted to prescription and illegal opioids. Heroin-related deaths have also increased sharply, more than tripling since 2010. In 2014, more than 10,500 people died from heroin.

Opioid abuse is a serious public health issue, but preventive actions, treatment for addiction, and proper response to overdoses can help.

Not a cure, but a Life Saver!

What is Narcan™ (naloxone)?

Narcan™ (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills like morphine, codeine, oxycodone, methadone and Vicodin. When a person is overdosing on an opioid, breathing can slow down or stop and it can be very hard to wake them from this state. Narcan™ (naloxone) is a prescription medicine that blocks the effects of opioids and reverses an overdose. It cannot be used to get a person high. If given to a person who has not taken opioids, it will not have any effect on him or her, since there is no opioid overdose to reverse.

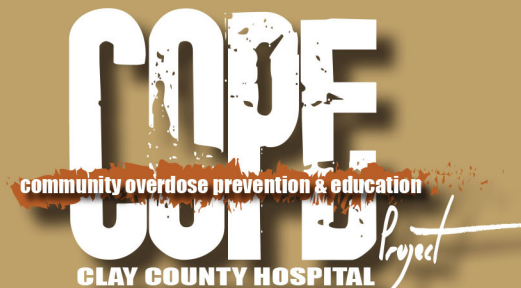
How does Narcan™ (naloxone) work?

If a person has taken opioids and is then given Narcan™ (naloxone), the opioids will be knocked

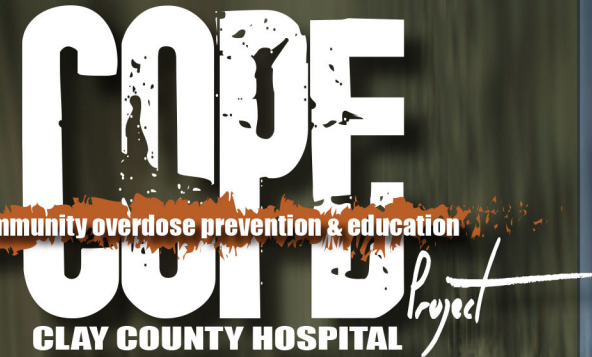
out of the opiate receptors in the brain. Narcan™ (naloxone) can help even if opioids are taken with alcohol or other drugs. After a dose of Narcan™ (naloxone), the person should begin to breathe more normally and it will become easier to wake them. It is very important to give help to an overdosing person right away. Brain damage can occur within only a few minutes of an opioid overdose as the result of a lack of oxygen to the brain. Narcan™ (naloxone) gives concerned helpers a window of opportunity to save a life by providing extra time to call 911 and carry out CPR or first aid until emergency medical help arrives.

*For referrals and further questions regarding Opioid use or any other substance use disorder, please contact: Clay County Hospital
618-662-2131 or visit our website at
claycountyhospital.org*

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*Your Link to Opioid Overdose
Survival and Substance Use
Disorder Treatment
Clay County Hospital Community
Overdose Prevention and Education Project*



A Small Amount of Education and Prevention Can Lead to Independence!

What are opioids?

Opioids are medications that relieve pain. They reduce the intensity of pain signals reaching the brain and affect those brain areas controlling emotion, which diminishes the effects of a painful stimulus. **Medications that fall within this class include hydrocodone (e.g., Vicodin), oxycodone (e.g., OxyContin, Percocet), morphine (e.g., Kadian, Avinza), codeine, and related drugs.** Hydrocodone products are the most commonly prescribed for a variety of painful conditions, including dental and injury-related pain. Morphine is often used before and after surgical procedures to alleviate severe pain. Codeine, on the other hand, is often prescribed for mild pain. In addition to their painrelieving properties, some of these drugs—codeine and diphenoxylate (Lomotil) for example—can be used to relieve coughs and severe diarrhea.

How do opioids affect the brain and body?

Opioids act by attaching to specific proteins called opioid receptors, which are found in the brain,

spinal cord, gastrointestinal tract, and other organs in the body. When these drugs attach to their receptors, they reduce the perception of pain. Opioids can also produce drowsiness, mental confusion, nausea, constipation, and, depending upon the amount of drug taken, can depress respiration. Some people experience a euphoric response to opioid medications, since these drugs also affect the brain regions involved in reward. Those who abuse opioids may seek to intensify their experience by taking the drug in ways other than those prescribed. For example, OxyContin is an oral medication used to treat moderate to severe pain through a slow, steady release of the opioid. People who abuse OxyContin may snort or inject it, thereby increasing their risk for serious medical complications, including overdose.

How to Recognize a Substance Use Disorder

Opioid use can lead to physical dependence, tolerance and withdrawal. It can additionally cause obsessive compulsive (drug using) behavior. The abuse of these drugs, lead to the brain being hijacked from higher brain function to lower brain function. Higher brain function is the rational thinking process, whereas the lower brain function is where we end up with dysfunctional, irrational thinking. The drug becomes paramount and primary in our lives rather than rational thinking.

These Signs of substance use disorder are considered to be the following:

- Opioids are taken over longer periods than intended
- Unsuccessful efforts to control opioid use
- A great deal of time is spent with activities to obtain, use and recover from Opioid effects
- Craving or a strong desire or urge to use opioid
- Recurrent opioid use resulting in failure to fulfill major role obligations at work, school or home
- Continued opioid use despite persistent social or inter-personal problems
- Important social, occupational or recreational activities are given up
- Recurrent use in situations in which it is physically hazardous.
- Continued use despite knowledge of recurrent physical or psychological problems
- Tolerance
- Withdrawal

Seeking Help.

The first step to help is to recognize that you or someone you know has a problem.

This may be accomplished through an intervention with a friend, significant other, family member(s), clergy or a health care professional.

Getting an assessment with a substance use disorder professional to determine the next steps for proper treatment.

Various forms of treatment can include:

- medical detox
- inpatient treatment
- outpatient treatment

Once treatment is completed, the road to recovery can include self-help groups (narcotics anonymous) family and non-traditional support groups. Additional outpatient as needed or necessary.



If you or someone you know may have an addiction to opioids give us a call at 618-662-2131