HOW CAN I STAY SAFE WITH PAIN MEDS?

Oklahoma Health Care Authority

NO MORE THAN FOUR

For chronic pain, OHCA recommends a maximum of four pills a day.

Oklahoma currently ranks fifth in the nation in overdose deaths. The most common prescription drugs involved are pain killers. What can be done to help keep all Oklahomans safe?

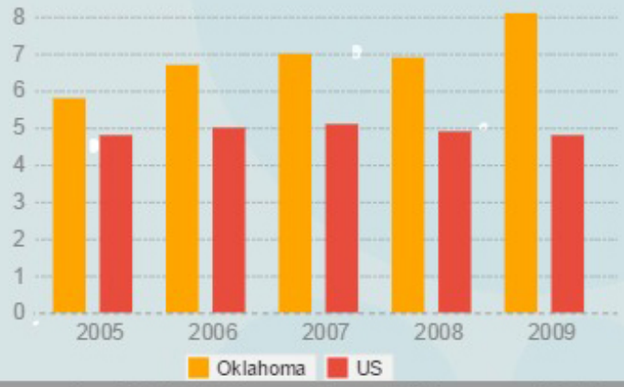
IN 2012, THERE WERE **259 MILLION** PRESCRIPTIONS FOR PAINKILLERS IN 2012, ENOUGH FOR EVERY AMERICAN ADULT TO HAVE A BOTTLE OF PILLS

DRUG ABUSE IS THE **LEADING CAUSE** OF ACCIDENTAL DEATH IN THE UNITED STATES

PRESCRIPTION DRUG ABUSE IS OKLAHOMA'S

FASTEST GROWING DRUG PROBLEM

Oklahoma leads the nation in non-medical use of painkillers, with more than 8% of the population aged 12 and older abusing or misusing painkillers.



Nonmedical Pain Reliever Use, 12 Years and Older

Physicians checking the Prescription Drug Monitoring program (PMP) can help fight this! A study in 2010 found that when PMP data was used in an Emergency Department, 61% prescribed fewer or no opioids after the clinician reviewed the PMP.

Sources:
www.takeasprescribed.org
http://ok.gov/odmhsas/documents/PR%20RxAbuse-FactSheet.pdf
http://www.cdc.gov/homeandrecreationalsafety/overdose/facts.html