

# Know the Risks of Opioid Addiction

People with chronic pain deserve safe and effective treatment. At the same time, our nation is in the middle of a prescription opioid overdose epidemic. Every day, 40 people in the United States die from an overdose involving prescription opioids.

New CDC guidelines and recent Michigan legislation have been adopted to limit the use of prescription opioids.

Talk to your doctor about ways to manage your pain that do not involve prescription opioids, such as:

- Non-opioid pain relievers, such as acetaminophen (Tylenol®), ibuprofen (Advil®), or naproxen (Aleve®)
- Certain antidepressants and anticonvulsants
- Physical therapy, including massage and stretching and strengthening activities like pilates or yoga.
- Low impact exercise, such as walking, swimming, or biking
- Mindful breathing, meditation, or cognitive behavioral therapy
- Alternative treatments like acupuncture and high intensity laser therapy

Learn more about the risks and benefits of opioids at [cdc.gov/drugoverdose/patients](https://www.cdc.gov/drugoverdose/patients) and about safe disposal of unused medications at [michigan-open.org/safe-drug-disposal](https://www.michigan-open.org/safe-drug-disposal).

