

Amateur Athletes: Don't Get Hooked If You Get Hurt



If you are injured playing sports, the doctor may prescribe opioid pain relievers, such as the following:

- Vicodin
- Fentanyl
- OxyContin
- Percocet
- Kadian
- Avinza
- Methadone



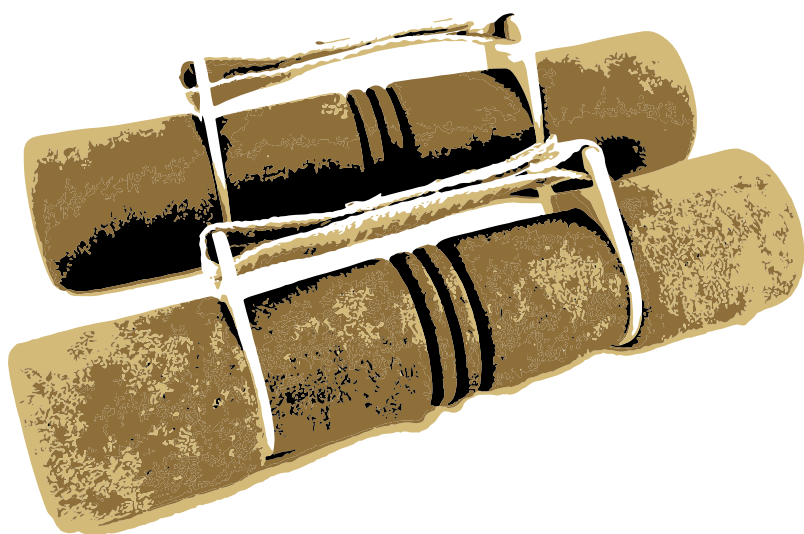
■ Taking These Drugs Is Like Taking Heroin

Misusing opioid pain relievers can be as dangerous as abusing heroin because of the similar side effects:

- Opioids can have dangerous side effects, including overdose
- Opioids should NOT be taken with alcohol, anti-anxiety, and sleep meds because they may make the effects of the medications worse or stronger
- Opioids are easily addictive*

■ Long-term Use from Opioids:

- May increase pain sensitivity
- Is not safe or effective (e.g., you may see a reduction in the effects of the medications)



■ Signs and Symptoms of Addiction to Opioids:

- Increasing need for higher doses
- Much time spent thinking about how to get more of the drug
- Giving up important activities because of use
- Inability to control use
- Medical, psychological, or relationship problems because of use

■ Safer Alternatives to Opioids Include the Following:

- Ice
- Rest
- Over-the-counter pain relievers like aspirin, acetaminophen, or ibuprofen
- » Some of these medications can hurt the stomach lining, cause bleeding ulcers, or cause liver problems, so they should be for short-term use only

* For more information on this topic, see our issue brief *From Family Picnics to Company Teams: Advice for Amateur Athletes*.



The Substance Abuse and Mental Health Services Administration supports the Preventing Prescription Abuse in the Workplace Technical Assistance Center. For more information, contact PAW-TA@PIRE.org. To join the PAW Listserv, visit <http://paw.dsgonline.com>, or simply scan the QR Code to the right.

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