



What are Opioids?

Opioids are chemicals that are designed to contribute to pain relief and pleasurable effects. They do so by binding to proteins called opioid receptors. Once bonded, the opioids act on different receptors located on nerve cells in the body (spinal cord, brain, gut, etc.) and inhibit messages to the body and brain.



Ironton Tribune, 2018

In the United States, approximately **130 people die per day** due to overdosing on opioids, (NIH, 2019).

In the **Midwest**, there was a **70% increase in opioid overdoses** from July 2016 through September 2017, (Vivolo-Kantor, et. Al., 2017).

The opioid crisis costs the United States economy approximately **\$500 billion each year**, (The Council of Economic Advisors, 2017).

Signs of Opioid Abuse

Physical Signs

- Confusion
- Constricted pupils
- Restlessness
- Slurred/slow speech
- Hyperactive behavior
- Poor coordination
- Loss of consciousness or periodic nodding off
- Constipation
- Slowed breathing
- Evident sedation or drowsiness
- Changes in weight
- Lack of appearance upkeep
- Excessive sleeping

Other Signs

- Dramatic mood shifts
- Irritability
- Social withdrawal
- Isolation
- Sudden financial problems
- Doctor shopping

Withdrawal Symptoms:

Nausea	Fatigue
Vomiting	Anxiety
Headache	Inability to sleep
Diarrhea	Cravings
Sweating	Stomach pain
Excessive yawning	Muscle tension

For more information contact Community and Family Resources at 866-801-0085 or visit cfrhelps.org