

PLAN AHEAD: DECIDE YOUR PAIN MANAGEMENT PLAN WITH YOUR PROVIDER

	PRESCRIPTION MEDICINE	OVER-THE-COUNTER	OTHER TREATMENT AND CARE NOTES
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			



American College of
Emergency Physicians®
ALASKA CHAPTER
ADVANCING EMERGENCY CARE

State of Alaska,
Michael J. Dunleavy, Governor
Department of Health and Social Services
Adam Crum, Commissioner
Anne Zink, MD, FACEP, Chief Medical Officer

Office of Substance Misuse and Addiction Prevention

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TREATING PAIN: WHAT ALASKANS SHOULD KNOW



If you've had an injury, surgery or dental work, you are likely to have pain. Some pain can be a normal part of healing.

Talk with your doctor to find the most effective treatment with the least risk.

WHY BE CAUTIOUS WITH OPIOIDS?

Opioid medications are chemically similar to heroin, with serious risk of addiction and overdose, even when taken as directed:



Drug overdose was Alaska's leading cause of accidental death for 2016. Opioid addiction is driving the epidemic.

Alaska Department of Health and Social Services



Nationally, 4 out of 5 heroin users started out misusing prescription opioids.

American Society of Addiction Medicine

"IS IT AN OPIOID?"

Some examples of opioid medication include:

- Codeine
- Fentanyl (Duragesic)
- Hydrocodone (Vicodin, Norco)
- Hydromorphone (Dilaudid)
- Meperidine (Demerol)
- Methadone
- Morphine (MS Contin, Kadian)
- Oxycodone (OxyContin, Percocet)
- Oxycodone (Tramadol (Ultram))