



IN THE KNOW:

# HEROIN AND OTHER OPIATES



Opioids are drugs that relieve pain and provide users with feelings of intense euphoria. They can be obtained legally through prescriptions or illegally on the street. Regardless of how opioids are acquired, opioid abuse leads to addiction and death.

## Types of Opioids

### Prescription

- Morphine
- Codeine
- Oxycodone
- Hydrocodone
- Fentanyl
- Methadone

### Illegal

- Heroin
- Desomorphine (krokodil)
- Acetyl Fentanyl

## Signs of Abuse

- Excessive sleeping
- Difficulty moving
- Weight gain/loss
- Poor hygiene
- Hanging out with new groups of people
- Track/needle marks and wearing long sleeves to hide them
- Borrowing money with no reason given

## Addiction & Dependency

Opioids are highly addictive drugs. When prescribed by a doctor for pain, they are safe and effective. Abusing opioids can quickly lead to addiction.



Addiction can happen after just one use. Addicts will:

• Crave the drug.

• Be compelled to use the drug, even if they know there will be negative consequences.

• Not be able to control their drug use.

• Build up a tolerance to the drug.

## Opioid Facts

Every year, about **150,000** people in the U.S. try heroin for the first time.

About **2,200,000** people in the U.S. are addicted to opioids.

Addicts will spend **\$150 to \$200** per day on their habit.



DEATH

### Short-Term Effects:

- Impaired vision and speech
- Poor coordination
- Slowed breathing
- Lowered heart rate
- Coma

### Long-Term Effects:

- Brain damage
- Endorphin deficit
- Hormonal imbalance
- Emotional difficulties
- Osteoporosis



ADDICTION

## Overdose & Withdrawal

**Overdose is a real danger. Take too much and the body literally shuts down:**

- Breathing and heart rate slow, maybe even stop.
- Lips and nails will turn blue because of insufficient oxygen in the blood.
- Seizure or muscle spasms may occur.
- Vomiting and choking may also happen.



Every **18** minutes in the U.S. someone dies from an accidental overdose.

### Withdrawal & Detox

Opioid withdrawal is painful and can last for up to two weeks. Symptoms include:

- Insomnia
- Nausea
- Muscle and bone pain
- Excessive sweating
- Anxiety and agitation
- Diarrhea
- Stomach cramps
- Vomiting

**90%** of opioid addicts will relapse in the first year.

## Getting Help



Overcoming opioid addiction is difficult – but it's not impossible! Residential, inpatient, and outpatient services and support groups can provide the reinforcement you need in order to quit.

# Avoid Addiction - Avoid Opioids