



**Opioid Addiction
in New York**

Introduction: Opioid

- Opioid narcotics are a class of pain-relieving medications that includes morphine, codeine (Tylenol-3), hydrocodone (Vicodin, Lortab), and oxycodone (OxyContin, Percocet).
- Opioids are also frequently used non-medically
- You can become physically dependent on opioids even when using your medications as prescribed.
- Opioid addiction is characterized by a powerful, compulsive urge to use opioid drugs, even when they are no longer required medically.

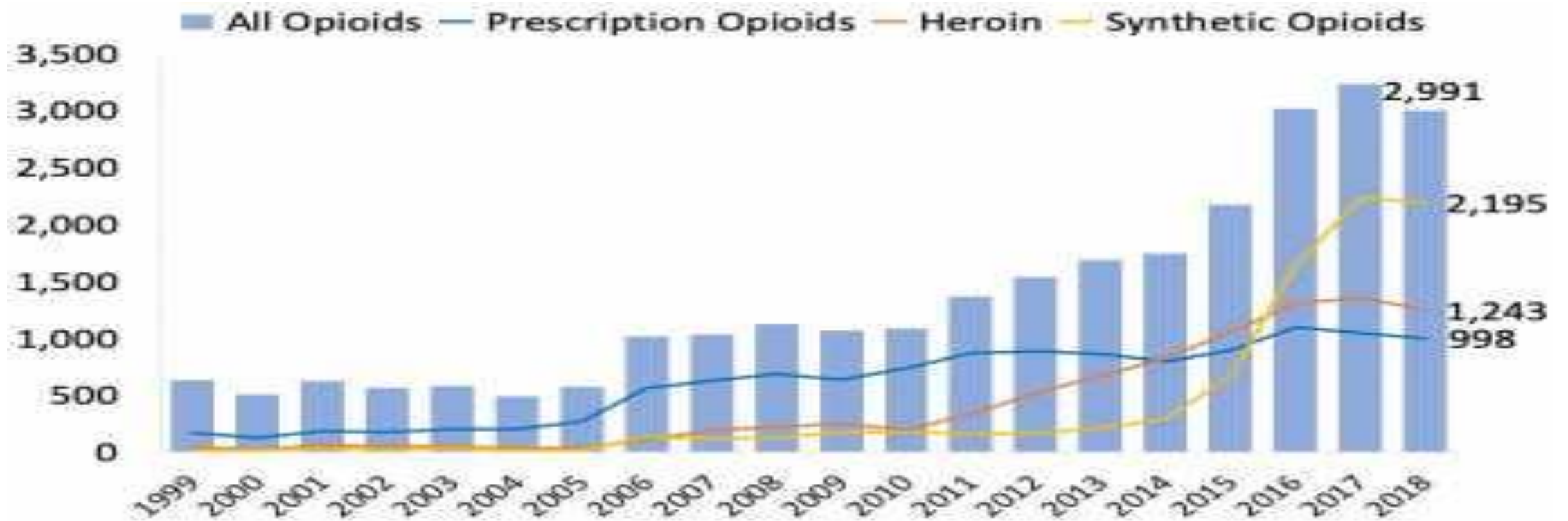
Opioid Addiction in New York: Overview

- Opioid epidemic is destructing America.
- The opioid addiction has killed more people than H.I.V. at the peak of that disease.
- Its death toll exceeds those of the wars in Vietnam and Iraq combined.
- New York City experienced the highest number on record, with 1,487 unintentional drug overdose deaths in 2017, compared with 942 in 2015

Opioid Addiction In New York: Facts and Figures

- In the U.S., there were 67,367 drug overdose deaths reported in 2018.
- Opioids were involved in 46,802 (a rate of 14.6) overdose deaths in 2018—nearly 70% of all overdose deaths
- In New York, drug overdose deaths involving opioids totaled 2,991 (a rate of 15.1) in 2018
- Every six hours a person dies from an overdose in New York City, and more than 80 percent of those deaths involve opioids.

Number of Drug and Opioid-involved Overdose Deaths in New York, by Opioid Category



Symptoms of Opioid Addiction

- The inability to control opioid use
- Uncontrollable cravings
- Drowsiness
- Changes in sleep habits
- Weight loss
- Frequent flu-like symptoms
- Decreased libido
- Changes in exercise habits

Repercussions of Opioid Addiction

Short-term side effects:

- Drowsiness
- Mental fog
- Nausea
- Insomnia

Long-term side effects:

- constipation
- Muscle and bone pain
- diarrhea
- vomiting and cold flashes with goose bumps (“cold turkey”)

Measures Taken by New York State

In order to fight against the opioid pandemic, New York State Department of Health (NYSDOH) Opioid Prevention Program provides aid in:

- Identifying and sharing data between agencies and affected communities
- Developing training for health care providers on addiction, pain management and treatment
- Making the prescription drug monitoring program easier for providers to access and use

- Providing resources to assist communities in combating the opioid epidemic at the local level
- Coordinating statewide and community programs to improve the effectiveness of opioid prevention efforts.
- York State Addiction and Substance Use Disorder Educational Resource flash drive.
- New York has also established educational programs for healthcare providers on safe prescribing practices.

How to Overcome Opioid Addiction

- Talk to medical expert about using opioid safely and wisely
- Try to explore alternative option
- If you notice signs of dependence, immediately consult to your physician or a pain medicine specialist.
- Ask your physician for a referral to a medical professional in addiction medicine

How to Alleviate Opioid Withdrawal Symptoms

The safest way to alleviate opioid withdrawal symptoms is medically supervised treatment such as:

- Medicine: methadone, buprenorphine (Subutex), and clonidine
- Therapies: Cognitive behavioral therapy (CBT), Motivational interviewing and Mindfulness-based stress reduction (MBSR).
- Counseling and Support.

Where to Contact?

you can search various online services available to resolve this issue at early stage such as:

- The American Society of Addiction Medicine's website.
- Substance Abuse and Mental Health Services Administration (SAMHSA) toll-free help line.
- SAMHSA's Behavioral Health treatment Service locator.
- The American Academy of Addiction Psychiatry also has a patient referral program.
- State Agencies webpage.

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