

PRESCRIBING PLUMAS: BY THE NUMBERS



18,606

People live in
Plumas County

396

Average number of Vicodin
per resident per year

Plumas County was
ranked the **#1** county in
California for death rates
related to opioid misuse



The Northern Sierra Opioid
Safety Coalition is committed
to reducing opioids prescribed
in Plumas County by 15% over
the next three years.

15%

To learn more facts about opiate misuse in Plumas
County and how to help stop this devastating trend,
go to Plumas County Public Health Agency's
page at countyofplumas.com.



Prescriptions considered opiates include Percocet,
Vicodin, Methadone, Oxycodone, Morphine,
MSContin, Dilaudid and Fentanyl.

KNOW THE FACTS

The risks of prescription opioids
and their use in Plumas County



PRESCRIBING PLUMAS: KNOW THE RISKS



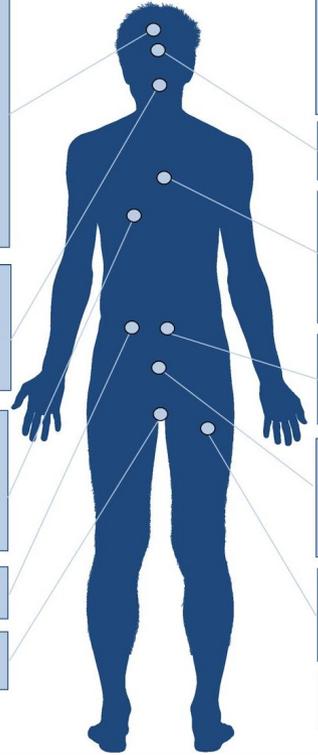
Mind and mood changes:
Changes in emotions
Diminished judgement and self-control
Increased aggressive behavior

Chronic dry mouth and tooth decay

Impaired breathing, low oxygen

Fatigue

Sexual problems



Unintentional overdose and death

Disturbed sleep

Increased risk for stroke and heart attack

Chronic constipation

Hormone problems
Feminization in males

Greater risk of osteoporosis

Increased pain

When it comes to prescription drugs, SHARING IS **NOT** CARING

Myths vs. Facts

<p>MYTH: It's harmless to share prescription narcotics with family and friends.</p>	<p>FACT: All prescriptions must be carefully managed with <u>your</u> doctor.</p>
<p>MYTH: Prescription narcotics are harmless because they are prescribed by doctors.</p>	<p>FACT: Prescription narcotics have serious side effects, and misuse can result in injury or death.</p>

Keep all medication locked up and out of reach.

CONSIDER YOUR OPTIONS

Myths vs. Facts

<p>MYTH: Prescription narcotics are the best treatment for chronic pain.</p>	<p>FACT: Exercise, sleep, and mindfulness are proven therapy for chronic pain.</p>
<p>MYTH: Prescription narcotics have proven long term benefits in managing chronic pain.</p>	<p>FACT: There is no good evidence that narcotics effectively manage chronic pain.</p>

Be in control of your body, emotions and health.
Make informed choices for better quality of life.