

# Disability and Opioid Use What You Need To Know

Did you know that about 30% of people who have a disability also have chronic pain? In the medical community in the United States, opiate prescriptions are the most recommended treatment for chronic pain. These medications can be an important part of treatment but also come with serious risks. That is why it is important to understand the risks of using opiates and being educated on your chronic pain, side effects of opioid use, and alternate treatments.

## Statistics on Disability & Chronic Pain

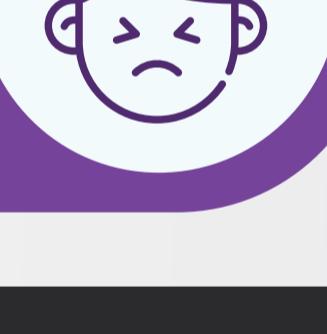
1 in 4 Americans with chronic pain will misuse opioids in their lifetime. Living with a disability can have a serious impact on a person's wellbeing, especially when that disability comes with chronic pain. The challenges of living with daily pain contribute to substance abuse rates that are two to four times higher in the disability community than the general population.

30%

Approximately 30% of all disabilities deal with chronic pain.

01

Higher prevalence of chronic pain and high-impact chronic pain were observed among women, older adults, previously but not currently employed adults, adults living in poverty, adults with public health insurance, and rural residents



02

Adults with disabilities are at a relatively high risk of opioid misuse, due in part to chronic conditions such as a high prevalence of serious mental illness and persistent pain.



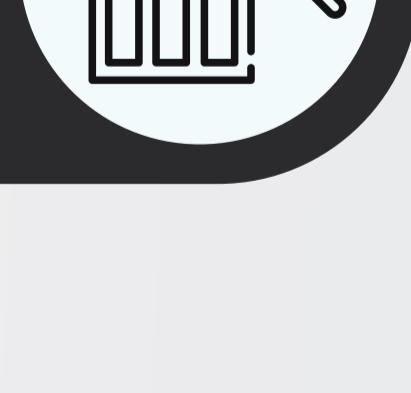
03

Study data showed that working-age adults with disabilities were significantly more likely to have misused prescription pain medication in their lifetime than those without disabilities.



04

More than 30 percent of all Social Security Disability Insurance recipients take opioid pain relievers, and more than 20 percent are chronic users of opioids.



## Pain Doesn't Have to Kill

This publication was made possible by grant number H79TI081709 from SAMHSA.

The views, opinions, and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS

If you believe you may be struggling with addiction, tell your health care provider  
OR

call the Opioid Use Disorder (OUD) Referral Line Hotline: 1-888-688-4222 Arizona OAR

Hotline is available 24/7.

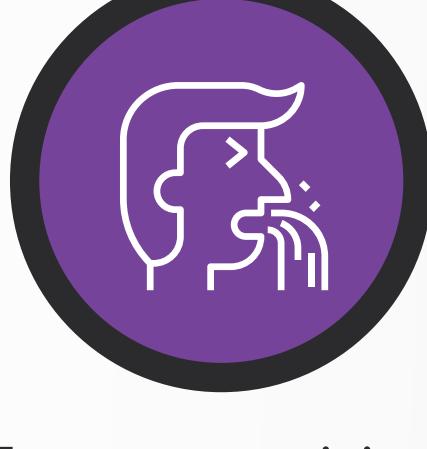
# Disability and Opioid Use

## What You Need To Know

Did you know that about 30% of people who have a disability also have chronic pain? In the medical community in the United States, opiate prescriptions are the most recommended treatment for chronic pain. These medications can be an important part of treatment but also come with serious risks. That is why it is important to understand the risks of using opiates and being educated on your chronic pain, side effects of opioid use, and alternate treatments.

### Risks and Side-Effects of Opioid Use with Disability

Prescription opioids often come with serious risks of addiction and overdose, especially with prolonged use. Did you know that the risk of long-term opioid use increases after just 5 days? The use of opiates can have a number of side effects as well, even when taken as directed. Side effects of opioid use can affect those with disability more prominently due to limiting physical conditions:



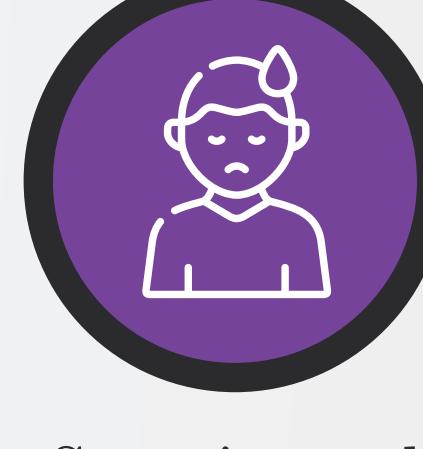
Nausea, vomiting, and extreme dry mouth



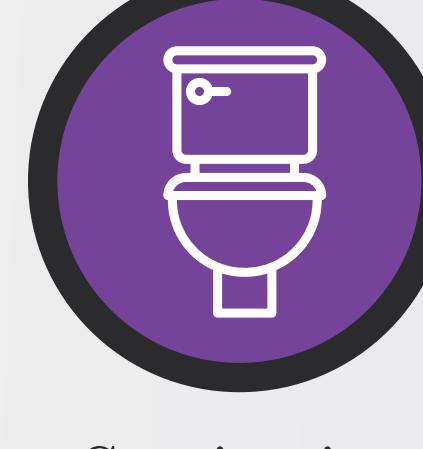
Dizziness and sleepiness



Depression



Sweating and itching



Constipation

### Risks

#### Opioid dependence

This means you have symptoms of withdraw when the medication is stopped

#### Building a tolerance to opioids

This means you might feel you need to take more of medication for the same pain relief

### Pain Doesn't Have to Kill

This publication was made possible by grant number H79TI081709 from SAMHSA.

The views, opinions, and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS

If you believe you may be struggling with addiction, tell your health care provider  
OR  
call the Opioid Use Disorder (OUD) Referral Line Hotline: 1-888-688-4222 Arizona OAR

Hotline is available 24/7.

# Disability and Opioid Use What You Need To Know

Did you know that about 30% of people who have a disability also have chronic pain? In the medical community in the United States, opiate prescriptions are the most recommended treatment for chronic pain. These medications can be an important part of treatment but also come with serious risks. That is why it is important to understand the risks of using opiates and being educated on your chronic pain, side effects of opioid use, and alternate treatments.

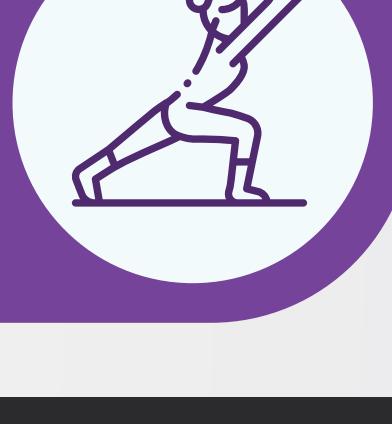
## Alternative Treatments: Know Your Options

Did you know there are alternative methods to manage chronic pain? There are ways to manage your chronic pain that don't involve the use of prescription opioids. Some of these alternative treatment methods may actually prove to be more effective than opioid use and have fewer risks and side effects.

\*Disclaimer: These alternative treatments may have different results depending on the individual\*

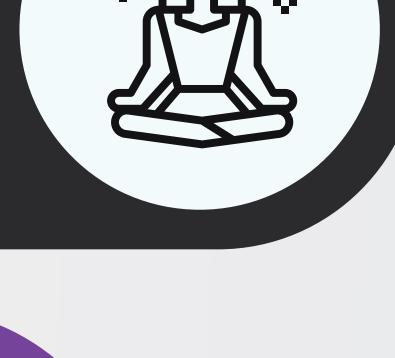
01

**Exercise and Physical Therapy** – Research has shown that regular exercise can ease pain long term by improving muscle tone, strength, and flexibility. Exercise may also cause a release of endorphins, the body's natural painkillers. Some exercises are easier for certain chronic pain sufferers to do than others.



02

**Meditation / Yoga** – This method has been shown in clinical trials to reduce chronic pain by 57 percent, and some experienced meditators can reduce it by over 90 percent



03

**Acupuncture** – A number of studies suggest that acupuncture works particularly well on chronic pain such as back and neck pain; osteoarthritis/knee pain; and headache. It often reduces the incidence and severity of tension headaches and may prevent migraines



04

**Massage** – Massage therapy helps relieve tension and stress, aids in easing muscle and joint pain, improves sleep and provides many other benefits that can help alleviate the symptoms of chronic pain



05

**Cognitive Behavioral Therapy** – A psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of chronic pain and stress



## Pain Doesn't Have to Kill

This publication was made possible by grant number H79TI081709 from SAMHSA.

The views, opinions, and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS

If you believe you may be struggling with addiction, tell your health care provider  
OR

call the Opioid Use Disorder (OUD) Referral Line Hotline: 1-888-688-4222 Arizona OAR

Hotline is available 24/7.