

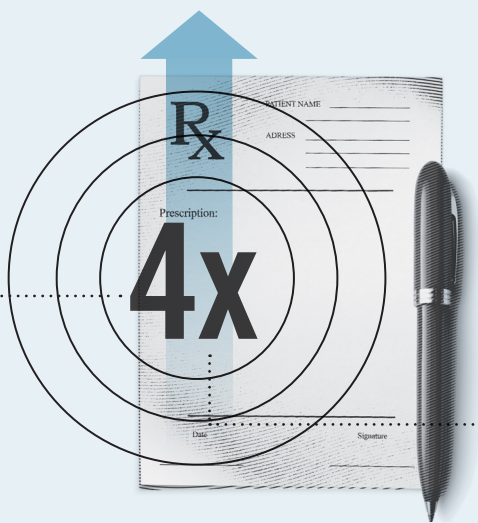
CDC GUIDELINE FOR PRESCRIBING OPIOIDS FOR CHRONIC PAIN

Effective and Responsible Chronic Pain Management

THE EPIDEMIC

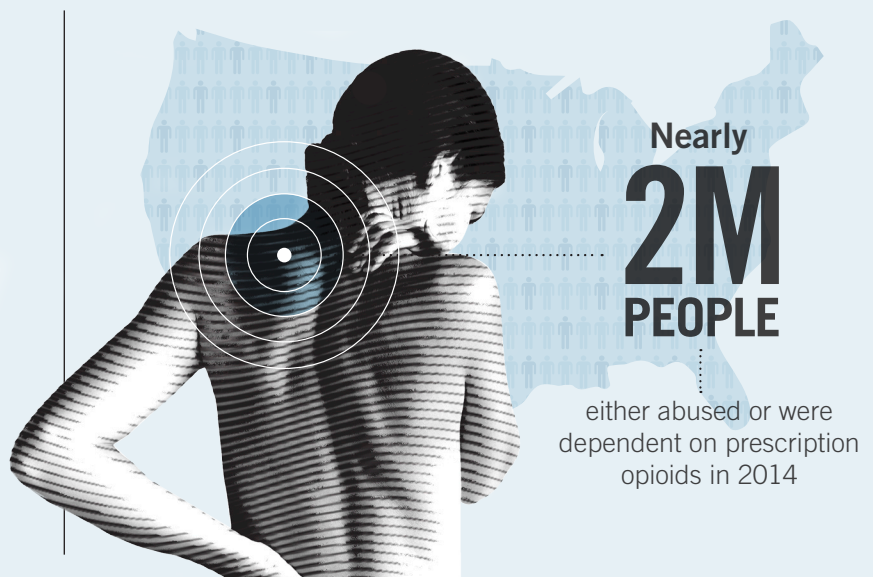
CDC cares about the health, safety, and well-being of patients with chronic pain. CDC is committed to ensuring that these patients get the best possible care. There is not enough science to know whether opioids control chronic pain long term, but it is clear that they have very serious risks and side effects.

The amount of opioid prescriptions dispensed has **QUADRUPLED** since 1999



but the amount of pain that Americans report remains **UNCHANGED**

Since 1999, more than **165,000** PEOPLE HAVE DIED FROM OVERDOSE related to prescription opioids.



OTHER WAYS TO MANAGE PAIN

Consider ways to manage chronic pain without prescription opioids. Some options may work better and have fewer risks and side effects:



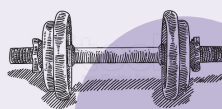
PAIN RELIEVERS

Nonopioid pain relievers such as Tylenol, Motrin, or Naprosyn



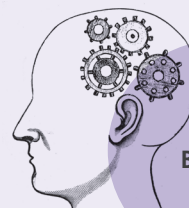
ANTIDEPRESSANTS & ANTICONVULSANTS

Certain medications that also have benefits for depression and seizures



EXERCISE

Physical therapy and exercise



COGNITIVE BEHAVIORAL THERAPY

Changing thoughts and behaviors related to pain

PRESCRIBING GUIDELINE

The *Guideline for Prescribing Opioids for Chronic Pain* was developed because CDC recognized that providers need current recommendations for prescribing opioids to improve pain management and patient safety. The guideline and corresponding clinical tools help providers and patients:

- 1 ASSESS.** Assess the risks and benefits of using opioids for chronic pain.
- 2 DISCUSS.** Set realistic goals for pain and function and make informed decisions about starting or continuing opioid therapy.
- 3 CONSIDER.** Exercise caution and consider the safest and most effective treatments for pain.
- 4 MONITOR.** Follow-up regularly to reassess progress and consider how opioid therapy will be discontinued if benefits do not outweigh risks.

To support widespread implementation of these recommendations, CDC developed user-friendly materials including: **CHECKLISTS | FACT SHEETS | CLINICAL TOOLS | POSTERS**



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

LEARN MORE | www.cdc.gov/drugoverdose/prescribing/guideline.html