



Opioids aren't the only option.

Take the time to ask your doctor or pharmacist before taking an opioid medication for pain:

1. Am I at risk for addiction?
2. Is there an alternative that could work?
3. Is this the lowest possible dose to be prescribed?
4. How long will I be taking this medication?
5. How will I taper off this medication?

What is the Problem? In 2021, there were 1,289 deaths related to opioid overdose in Colorado. Each year, this number rises. ***The answer may not be opioids.*** According to studies, it takes just 5 days to develop a physical dependence on opioids. Pain can be controlled by safer alternatives to opioids.

Common Opioid Alternatives

- Non-opioid medications
- Yoga
- Physical Therapy
- Massage Therapy
- Exercise
- Acupuncture

***Ask your Valley View provider
what is right for you.***