



May 2018 Newsletter

Prescription Opioids: What you need to know

What is an opioid medication? An opioid is a medication originally derived from the poppy plant. They are used to help treat moderate-to-severe pain and are often prescribed following a surgery or injury, or for chronic pain. Examples of these opioid medications are codeine, Vicodin, Percocet, and morphine.

These medications can be an important part of treatment but also come with serious risks. It is important to work with your doctor or pharmacist to make sure you are getting the best care for you.



What are the risk and side effects of using an opioid medication?

Prescription opioids have some serious risks such as addiction and overdose. Even when taken as directed, opioids have a number of potential side effects:

Tolerance - meaning you might need to take more medication than you did before, just to get the same amount of relief.

Physical dependence - meaning that you develop symptoms of withdraw when you stop taking the medication

Who is at greater risk?

Some patients who are at greater risk while taking opioids are:

- History of drug misuse, abuse or overdose
- History of depression or anxiety
- Sleep apnea
- Older age, specifically older than 65 years
- Pregnancy

Alternatives to Opioids

Just because you're in pain, does not mean you need to use an opioid. Talk to your pharmacist or doctor about other ways that you can treat your pain:

- Pain relievers such as acetaminophen, ibuprofen, or naproxen.
- Physical therapy and exercise.
- Meditation, yoga, and other guided relaxation techniques
- Holistic alternatives such as oils and acupuncture.

Always store your medications in a safe location, where children, pets, visitors, or other family members cannot have access to your prescriptions.

Be sure to dispose of unused or expired medication in a safe manner. Did you know that flushing medications down the toilet is not the greatest option? Stop by Sand Run Pharmacy to pick up a free medication disposal bag, which can be used to safely and appropriately destroy unused medication.





Senior Summit: Saturday, May 19th: A free senior expo open to the public at the Firestone Community Learning Center from 9am to 3pm. Stop by and learn about some of the services we provide such as information on the new Shingrix® vaccine and blood pressure checks. Fall safety risk checklists and give aways will be at our table with Meg and Natalie.

Senior Show: Wednesday, May 23rd: Sand Run Pharmacy will be participating in the 1590 WAKR Senior Luncheon Series! The event will be held at Todaro's Party Center and doors will open at 11 AM. Tickets are available at wakr.net, and will include lunch, entertainment and door prizes! For more information visit 1590 WAKR.



Memorial Day: Monday, May 28th: Sand Run Pharmacy will be closed on Memorial Day to allow our staff to spend the holiday with their families.

Store hours on Tuesday, May 29th will be normal operating hours, 9am-7pm.

Pet Expo: Saturday, June 2nd: Paws and Prayers will be hosting this year's Pet Expo at Hardesty Park, in Akron. Last year our pharmacist, Caitlin, adopted a new best friend, Gunner! Come out this year and stop by the Sand Run Pharmacy booth and help to give a loving animal a new forever home.



Towpath Century Ride: June 9th-10th: This year, our pharmacist Tom Lamb will be taking part in the Towpath Century Ride put on the Ohio and Erie Canalway. The purpose of the ride is to help raise money for the maintenance and care for the Ohio Erie towpath. Tom and his son, Andy, both have made the 100 mile ride in previous years. You can make any donations at the following web address: <http://towpathcentury.dojiggy.com>

