

STORE MEDICATIONS SECURELY

Store prescription drugs in a secure location in your home, preferably a locked kitchen cabinet, lockbox or safe.

Avoid using these locations to store your medications:

- ⊘ Nightstand
- ⊘ Kitchen counter
- ⊘ Bathroom
- ⊘ On top of the refrigerator
- ⊘ Any unlocked cabinet or drawer

GET RID OF UNUSED & EXPIRED MEDS

Keeping unused and expired prescription drugs “just in case” you need them puts your family at risk.

Since people who misuse prescription drugs mostly get them from friends and family, you can become an easy target if you keep unused medication in your home. If you’re not actively taking the drug, it will be harder to notice if someone is stealing it.

Take advantage of Drug Take Back Days and Medication Collection & Disposal sites near you to protect your family from accessing potentially harmful drugs.

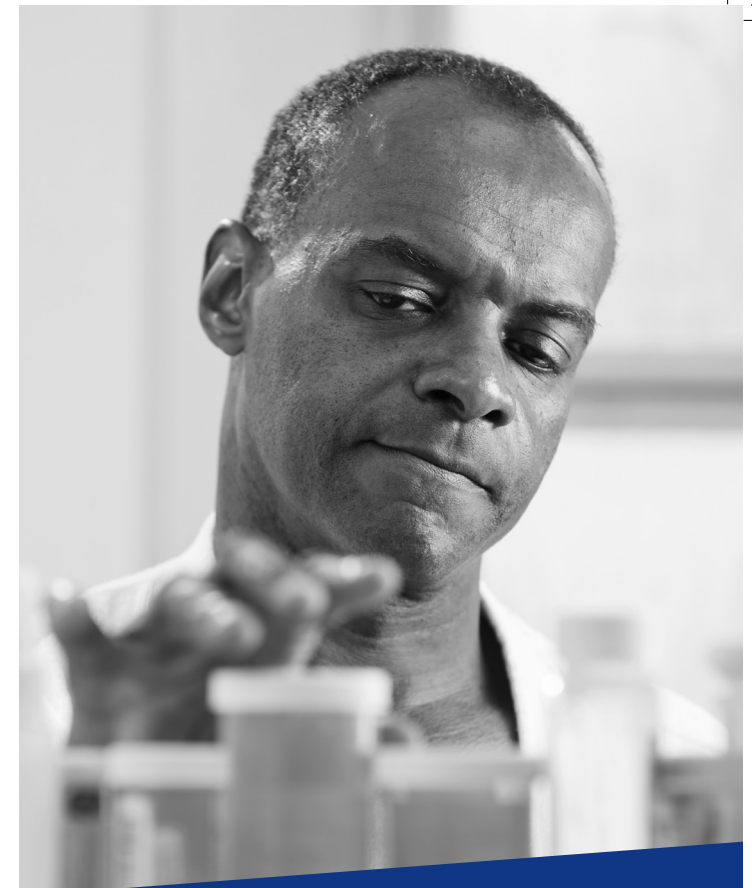


Find medication safety tips and disposal sites near you at ktracs.ks.gov/consumers

Message sponsored by your local healthcare team in coordination with:



Find more information at:
ktracs.ks.gov/consumers



SAFE USE OF RX OPIOIDS

BABY BOOMERS

PRESCRIPTION OPIOIDS: USES & RISKS

Prescription opioids are used to treat pain associated with injuries and surgeries, but can also be used to treat long-lasting (chronic) pain.

Even though these pain relievers are prescribed by your doctor, **they have inherent risks for addiction because they create feelings of pain relief, euphoria and reduced anxiety.**

Prescription opioids can be taken safely:

- ▶ Never take someone else's prescription if you run out of your own.
- ▶ Double check the label to be sure you're taking the correct medication.
- ▶ Never crush pills unless you have been instructed to do so by your healthcare provider.



CONSIDER CARRYING NALOXONE

Naloxone is an opioid overdose reversal agent that can temporarily reverse the effects of an opioid overdose and increase the chances of survival.

Naloxone, also known as Narcan, can begin to reverse an opioid overdose within 2 to 5 minutes.

If you are taking prescription opioids, ask your physician or pharmacist about carrying naloxone in case of unintentional overdose.

HOW AGE AFFECTS PRESCRIPTION DRUG USAGE

SLOWER METABOLISM

Your metabolism slows down, which means it takes longer for your body to break down and absorb medications. **That's why it's important to take opioids only as directed.**

MENTAL HEALTH

Approximately 25% of older adults experience mental health issues including depression, anxiety and dementia, and two-thirds do not receive the appropriate treatment. **Talk to your healthcare provider about any concerns you have with your mental health while using opioids.**

NUMBER OF PRESCRIPTIONS

Among people age 65 and older, 80% have at least one chronic condition, and 65% take at least three prescription drugs.

Certain medications can increase the risk for accidental overdose while also using opioids. The more medications you take, the greater the risk.

Always disclose to your healthcare provider all medications you are taking to avoid negative drug interactions.

Sources: National Council on Aging (NCOA) and Centers for Medicare and Medicaid Services (CMS)

ADDICTION & OVERDOSE CAN HAPPEN

Kansans age 55-74 experienced a 74% increase in the number of **non-fatal opioid overdoses (involving prescription and illicit opioids)** reported to emergency rooms from 2016 to 2019.



Source: KDHE

1 in 4 patients on long-term opioid therapy from their primary care physician struggles with opioid addiction.



Source: CDC