

Opioids: Lives Lost

In 2016, a National Health Interview Survey found that around 50 million U.S. adults suffer from chronic pain. Almost 20 million of these adults said that their chronic pain impacted their life each and every day. Living with chronic pain can mean a decreased quality of life and be debilitating for those who suffer.

The use of heavy pain medications for the management of pain is not new. Prescriptions for opioids are commonly written for patients hoping to dull their chronic pain even just a tiny bit. Not only does the use of opioids not truly fix the issue, but it can also bring along side-effects that outweigh the possibility of relief and can be expensive! Opioids are highly addictive and bring a high risk of overuse and overdose with them when long-term use is involved. As a patient's body adapts to a dosage, they need higher dosages to feel any relief.

A study conducted between 2011-2014 also found that opioid use was significantly associated with disability and lost productivity. Researchers found that patients suffering from chronic pain who utilized opioids ranked higher on the disability index and cost thousands of dollars in lost productivity! Chronic pain can prevent patients from performing daily tasks such as showing up to work, going to school, and taking care of themselves. The added adverse side effects of opioids can make everyday living seem impossible for chronic pain patients. A better option for consideration is to locate the source of the pain and relieve the pain naturally at the source! Neurologically-based chiropractic care helps our body heal from the inside out by ensuring that the nervous system (and body as a whole) is functioning the way it was designed!



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Fishman, M. A., Antony, A. B., Hunter, C. W., Pope, J. E., Staats, P. S., Agarwal, R., Connolly, A. T., Dalal, N., & Deer, T. R. (2021). The cost of lost productivity in an opioid utilizing pain sample. *Journal of Pain Research*, Volume 14, 2347–2357. <https://doi.org/10.2147/jpr.s309691>



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