

# TEENS AND YOUNG ADULTS

## OPIOIDS IN AMERICA



### Where it starts

Prescription opioids come in a variety of types and dosages. From codeine to fentanyl, [click here](#) for a list of narcotic painkillers that fall into the opioid category.



Many teens first take opioids prescribed by a doctor for pain after a medical issue, such as a sports injury or wisdom tooth surgery.

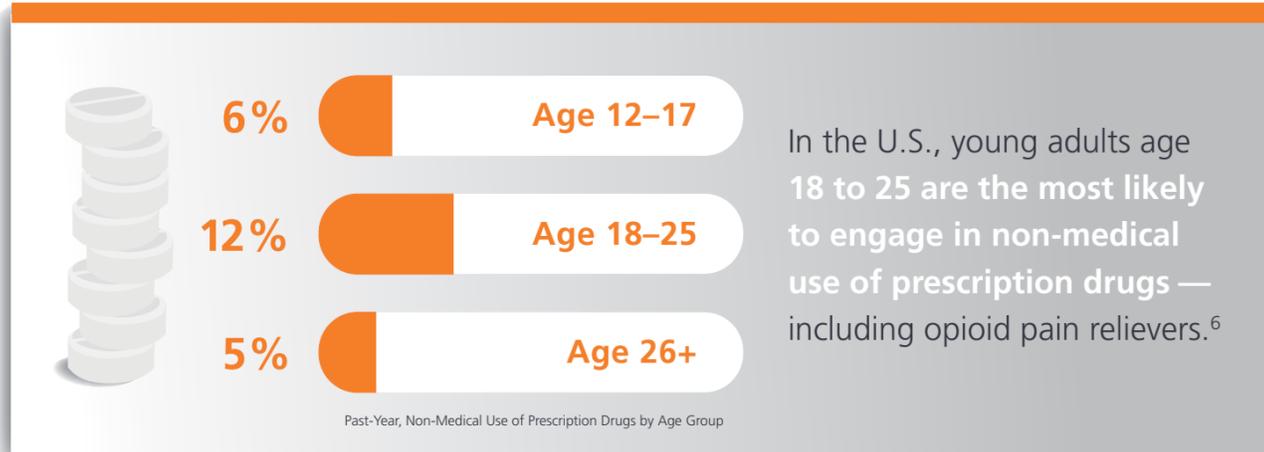


### Addiction rising

Since 1999, the number of prescriptions written for opioids in the U.S. **has tripled.**<sup>2</sup> Long-term opioid use often begins with treatment of acute pain, and the risks for chronic opioid use increase with each additional day supplied. **The CDC recommends limiting opioid prescriptions to three days or less when prescribed for acute pain.**<sup>3,4</sup>



Prescription-drug-related overdose deaths among Americans age 18 to 25 have quadrupled since 1999.<sup>5</sup>



### Treatment options

The key to overcoming opioid dependence is finding the right treatment. Medication-assisted treatment (MAT) increases the odds for long-term recovery and reduces the likelihood of relapse by easing symptoms of opioid withdrawal and reducing cravings.<sup>7</sup>

The most effective opioid treatment programs combine MAT with talk therapy and ongoing community-based services.<sup>10</sup> [Click here](#) for tips on finding a treatment provider.

For more information and resources, visit [Optum.com/Recovery](http://Optum.com/Recovery)



#### Sources:

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