

AIM FOR SUCCESS AFTER AN INJURY

Prescription pain medication given for sports injuries can be addictive.

If you're experiencing a sports injury, there are plenty of other non-addictive options that help you heal faster and safer. Ask your doctor about alternatives to opioids for a healthy recovery today.

GREAT ALTERNATIVES:



Acupuncture



Chiropractic Care



Massage Therapy



Meditation



Over-The-Counter
Medication



Physical Therapy



Stretching



Yoga

KNOW THE STATS ON OPIOIDS

Injuries can be a part of life for student athletes – but with more exposure to injury, the more likely misuse or addiction can occur. In addition:

- Young adults aged **18 to 25 years misuse prescription drugs** more than any other age group.
- **86% of injection drug users** self-reported becoming addicted to prescription opioids first.
- **About 1 in 4 people aged 18 to 20 report using prescription medications** non-medically at least once in their lives.
- **Approximately 60% of misused prescription drugs** were obtained from peers, including friends, roommates, and fellow students.
- Mixing prescription drugs with alcohol has **serious risks, including slowed breathing, unconsciousness, coma, and death.**

THE WARNING SIGNS

There are some signs to look for in your friends or teammates when it comes to a potential reliance on prescription pain medication.

- Sudden mood changes
- Withdrawing from teammates, friends, or family members
- Fatigue and repeated health complaints
- Decreased or obsessive interest in school or work
- Decrease in sports or academic performance
- Increase in frustration

YOUR TEAM HAS YOUR BACK

There are always people in your corner who can help. If you have any questions or concerns about a recent sports injury, talk to the following individuals today.



Coaches



Physicians



Athletic Trainers



Faculty Members



Trusted Adults



Parents



Counselors

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