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

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.1 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.2,3

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.4

The most effective opioid treatment programs combine MAT with talk therapy and ongoing community-based services.5 6 Click here for tips on finding a treatment provider.

For more information and resources, visit Optum.com/Recovery

Prescription-drug-related overdose deaths among Americans age 18 to 25 have quadrupled since 1999.5

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Past-Year, Non-Medical Use of Prescription Drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 12–17</td>
<td>6%</td>
</tr>
<tr>
<td>Age 18–25</td>
<td>12%</td>
</tr>
<tr>
<td>Age 26+</td>
<td>5%</td>
</tr>
</tbody>
</table>

In the U.S., young adults age 18 to 25 are the most likely to engage in non-medical use of prescription drugs — including opioid pain relievers.6

Treatment options

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