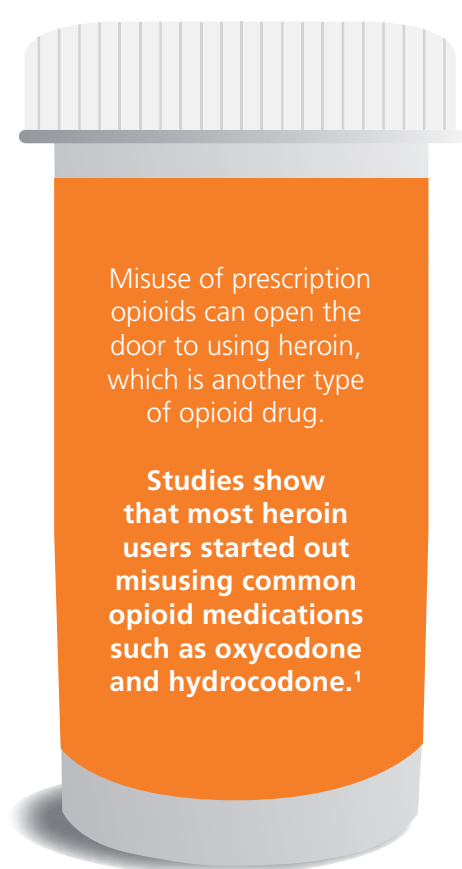


TEENS AND YOUNG ADULTS

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.

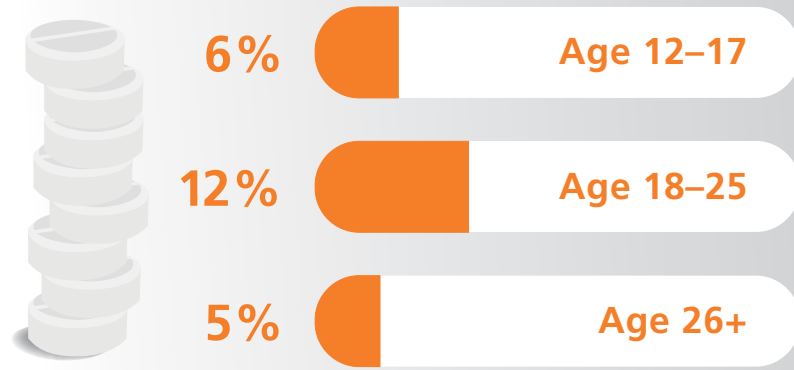


Addiction rising

Since 1999, the number of prescriptions written for opioids in the U.S. **has tripled.**² 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.**^{3,4}



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



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

Past-Year, Non-Medical Use of Prescription Drugs by Age Group

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.⁷

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

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



10%
Remission rate with traditional treatment⁸



50%
Remission rate with MAT⁹

Sources:

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