

CO's CURE

Alternatives to Opioids (ALTOs)

In 2017, there were 578 overdose deaths involving opioids in Colorado which is nearly double the deaths from 2016.* Working with your providers, you can help reduce the potential for opioid harm and the number of opioid-related deaths in Colorado.

Patient Information	
What are opioids?	<p>Opioids are natural and man-made drugs used to treat pain, such as:</p> <ul style="list-style-type: none">• Oxycodone (OxyContin®)• Hydrocodone (Vicodin®)• Codeine• Morphine• Methadone• Fentanyl• Heroin
What possible problems are caused by opioids?	<p>It is possible for anyone who takes opioids to become dependent or addicted to them.</p> <p>You can also develop a tolerance to opioids, which means you may need higher doses to ease your pain. These higher doses put you at a greater risk of an overdose.</p> <p>Taking too many opioids or mixing opioids with things like alcohol or other drugs can cause an overdose. This can make you stop breathing and may lead to death.</p>
What are alternatives to opioids (ALTOs)?	<p>There are ways of managing your pain that do not involve taking opioids. Many of these choices work better and have fewer side effects and risks.</p> <p>Some of these options include: less risky medications, cognitive behavioral therapy, exercise therapy, trigger point injections, acupuncture and massage.</p> <p>You and your doctor will discuss the kind of pain that you have (e.g., abdominal, kidney, muscle, headache) and which option may work best to increase your comfort.</p>

For more information about alternatives to opioids, please talk to your doctor or nurse.

* <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-summaries-by-state/colorado-opioid-summary>