**HISTORY**

- **PRE - 1800s**
  Opiates first arrived to the US on the Mayflower.

- **1800s**
  Opiates were used to treat soldiers during the Civil War, causing the first opioid addiction epidemic.

- **EARLY 1900s**
  Heroin and the hyperdermic needle were invented to use for surgery. Recreational use of heroin became popular but was very addictive. This led to the invention of the synthesized opioid, Oxys, which were intended to be less addictive.

- **MID - LATE 1900s**
  Opioids were made a Schedule 1 drug. Heroin became illegal to sell, and the FDA required companies to report if opium was in any product. Legal Oxys were heavily marketed by pharmaceutical companies during this time, falsely claiming they were not addictive.

- **1990s & 2000s**
  The invention of a variety of synthesized opioids along with new standards for pain management led to over-prescribing, and resulted in the ongoing opioid epidemic.

**OPIOIDS 101**

- No Lecture - No Hype
- Just the Facts

**VOCAB**

- **NARCOTICS**
  An agent that produces a state of insensibility or narcosis

- **PAINKILLERS**
  Drugs that interfere with the signals we perceive as pain
  —— Opioids are the most powerful painkiller drugs

- **OPIUM**
  Chemical compounds that are naturally found in the opium poppy plant and extracted to make drugs

- **OPIATES**
  Natural (or semi-synthetic) substances that are made directly from opium chemical compounds

- **OPIOIDS**
  Synthetic (or semi-synthetic) substances that are manufactured from chemicals not found in opium chemical compounds
  —— Most commonly used term for drugs made from opium or their synthetic analogues with similar affects
Opioids are psychoactive substances because they alter brain function.

Opioids work by blocking neurotransmitters that affect nerve excitability.

Opioids block neurotransmitters by binding to our body’s natural opioid receptors.

Opioid receptors are located in the central nervous system, peripheral nervous system, and the gastrointestinal system.

High doses of opioids can lead to these systems failing, causing respiratory depression, pupillary constriction, and decreased gastric mobility.

Mixing opioids with alcohol and/or other drugs increases the risk of failure in these systems.

**All opioids are habit-forming if taken over a long period of time. Used properly, prescription opioids ease short-term pain from surgery and injuries, manage severe pain for cancer and other chronic diseases, and suppress chronic coughs. Opioids are always dangerous to take if not prescribed by a doctor since they conflict with some health conditions and conflict with some medications, vitamins, and herbal supplements.**

Street-sourced opioids (knock-offs) are never safe to take. It is also important to be aware that any street-sourced drug (e.g., cocaine, ecstasy) could potentially be laced with the highly potent opioid, fentanyl, and the user could accidentally overdose.

Opioid overdoses can sometimes be reversed if Naloxone (Narcan) is administered. Any opioid user or someone close to an opioid user should keep Naloxone on hand. Visit [doseofrealitynm.com](http://doseofrealitynm.com) for more information and training opportunities about Naloxone.

**Call or Visit COSAP for more information: 277-2795 | Mesa Vista Hall: Room 3059**