PAINKILLERS: THE DOWNSIDE

Strong opioid painkillers such as morphine, oxycodone and tramadol may help with some types of pain for a couple of months. But over time they can also cause serious problems such as depression and anxiety, sexual dysfunction and increased infections as well as constipation, drowsiness... the list goes on.

If you have been taking these medicines for more than a few months and you have not noticed much change in your pain or what you can do, simply taking more won't help. It can even make the pain worse!

Instead, talk to your healthcare team about better ways to manage your pain.

They can support you to reduce your medicines safely and to learn skills to help you manage your pain better. So you can get on with living your life well.

> Find out more at: my.livewellwithpain.co.uk

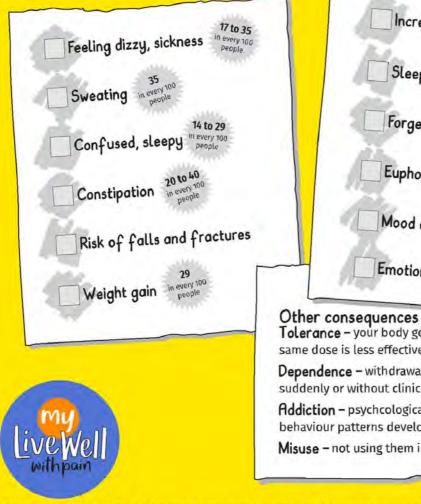


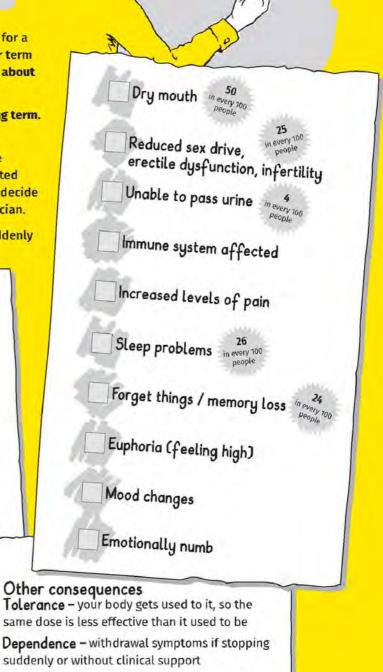
Opioids ('strong painkillers') can be really useful for a short time - after an injury or surgery. But longer term they aren't much help. They only reduce pain for about 10 percent of people in the long term.

So out of every 100 people, 90 get no benefit long term. And they'll still get the side effects.

If you're taking opioids, the chances are you'll be experiencing at least some of the side effects listed here. Tick the ones that affect you, and you may decide it's time to review your medicines with your clinician.

(Remember - never come off your medicines suddenly as this may cause other problems).





Addiction - psychological dependence and behaviour patterns develop

Misuse - not using them in a responsible way