

# Get the Facts

## Short Term Use

### FACT

After taking opioids for just 5 days in a row, a person becomes more likely to take them long-term.<sup>1</sup>

Opioids can be addictive even if only taken for a short period of time.



## Level of Pain Relief

### FACT

Opioids provide an average of 20-30% pain relief when used for pain lasting less than three months. Options that do not involve opioids may provide enough pain relief while avoiding the risks of opioids.<sup>2</sup>

Opioids don't take away pain completely.

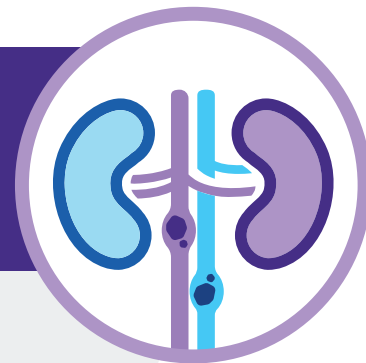


## Kidney Stone Pain

### FACT

Nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen, work just as well as opioids (and sometimes better) for kidney stone pain.<sup>3</sup>

Opioids aren't the only treatment for acute pain from kidney stones.

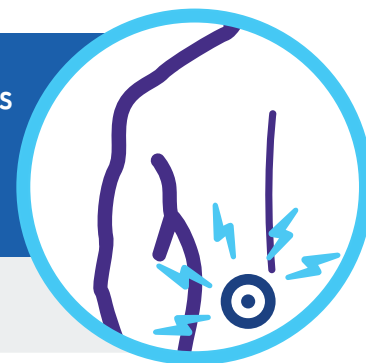


## Back Pain Relief

### FACT

Naproxen taken alone relieves acute low back pain and improves function just as well as when it is combined with an opioid or muscle relaxer.<sup>4</sup>

Opioids aren't the most effective treatment for acute low back pain.



## Healing From a Broken Bone

### FACT

After a minor fracture, nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and naproxen, provide adequate pain and relief and allow bones to heal, without introducing the risks side effects of opioids.<sup>5</sup> As with any medicine, NSAIDs have side effects. Doctors can offer the safest, most appropriate and effective care for their patients.

Bones can heal properly after fractures, even when taking NSAIDs for pain.



1. Shah A, Hayes CJ, Martin BC. Characteristics of initial prescription episodes and likelihood of long-term opioid use - United States, 2006-2015. MMWR. 2017 Mar 17;66(10):265-269. 2. Furlan AD, Sandoval JA, Mailis-Gagnon A, et al. Opioids for chronic noncancer pain: a meta-analysis of effectiveness and side effects. CMAJ. 2006;174:1589-1594. 3. Teichman JM. Clinical practice. Acute renal colic from ureteral calculus. N Engl J Med. 2004; 350(7):684; Holdgate A, Pollock T. Systematic review of the relative efficacy of non-steroidal anti-inflammatory drugs and opioids in the treatment of acute renal colic. BMJ. 2004;328(7453):1401. 4. Friedman BW, Dym AA, Davitt M, et al. naproxen with cyclobenzaprine, oxycodone/acetaminophen, or placebo for treating acute low back pain: a randomized clinical trial. JAMA. 2015 Oct 20;314(15):1572-80. 5. Solomon DH., MD, MPH. Nonselective NSAIDs: Overview of adverse effects. UpToDate. Sep 20, 2016; Dodwell ER, Latorre JG, Parisini E, et al. NSAID exposure and risk of nonunion: a meta-analysis of case-control and cohort studies. Calcif Tissue Int. 2010;87(3):193.