



Why Opioids Are Not the Answer to Your Back Pain: New Study Calls for Medical Rethink



It may be surprising to hear, but many of the opioids that are taken in the United States were proscribed legally. In 2020, over 140 million prescriptions for opioids were given to the public. And even this is drastically lower than the 255 million prescriptions that were given in 2012. These prescriptions are given due for recovery from surgery or health conditions such as cancer. But often times, opioids are prescribed for back and neck chronic pain. And a University of Sydney study concluded that this may no longer need to be the case.

The Australian University study looked at the pain relief of the participants who were given opioids and those who were given a placebo. They found that the pain relief of those who took the opioids was not significantly higher than those who took the placebo. However, the risk of opioid misuse was much higher for those who were given opioids to treat their pain.

This study is the latest step in a global push to end opioid prescription for back and neck pain. And although this struggle may be global, the harsh reality of the situation is that the United States consumes opioids at a much higher rate than any other country in the world. Although the United States only accounts for 4.4% of the world's population, we use 80% of the world's opioids. 99% of the world's hydrocodone (the primary chemical in Percocet) is consumed in the United States. This represents a drastically different method for pain relief in the United States than in the rest of the world.



Halloween Safety Tips: Costumes, Candy, and Colored Contact Lenses



- Don't wear decorative (colored) contact lenses that appear to change how your eyes look due to the risk of eye injury, unless you have seen an eye care professional for a proper fitting and been given instructions for how to use the lenses. See Eye Safety below for more information.
- Wear costumes that say "flame resistant" on the label. If you make your costume, use flame-resistant fabrics such as polyester or nylon.
- Wear bright, reflective costumes or add strips of reflective tape so you'll be more visible; make sure the costumes aren't so long that you're in danger of tripping.
- Wear makeup and hats rather than costume masks that can obscure your vision.
- Test the makeup you plan to use at least 24-48 hours in advance. Put a small amount on the arm of the person who will be wearing it. If a rash, redness, swelling, or other signs of irritation develop where the makeup was applied, that's a sign of a possible allergy.
- Don't eat candy until it has been inspected at home.
- Eat a snack before heading out to avoid the temptation of nibbling on a treat before it has been inspected.
- In case of a food allergy, check the label to ensure the allergen isn't present. Tell children not to accept — or eat — anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies, or small toys from the Halloween bags.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.



Community Resources

- Oct. 2- After School Leadership Program
- Oct. 3- Free Community Flu Shot Clinic/ 7-9am
- Oct. 3rd- 26th- Girls Rule the Court/ 4-6pm
- Oct. 4th- Free Expungement Clinic/ 2-4pm
- Oct. 7th- Leader Breeders Basketball Clinic for Ages 10-17
- Oct. 7th- "In the Garden" 2023 Summer Seminar
- Oct. 21st- Coat Drive

Food Resources:

- Oct. 4th- Hungry Harvest Community Market/ 10am-12:30pm
- Oct. 4th - Cooking with Ms. Karen/ 10am
- Oct. 5th & 19th- Food Pantry/ 2:30-4 pm
- Oct. 19th- Food Pantry/ 12pm

Baby Resources:

- October 6th- Baby & Toddler Items/ 1-3pm
- Oct. 16th- ShareBaby Items/ 10am-2pm

Hiring Events:

- Oct. 16th - Start of Good Harvest Community Kitchen Free food Service Training Class
- Oct. 19th- BGE/ Exelon Expungement Clinic and Job Resource Fair/ 10am -1pm
- Oct. 20th- UMMC Hiring Event/ 11am-4pm
- Oct. 28th- Job Fair & Safe Trunk or Treat/ 10am-1pm

Dear Readers,

Thank you so much for following along and reading our monthly newsletter and calendar. Sadly, this month is our last issue. We collected, implemented, and designed each issue to be full of articles relating to substance use abuse, mental health, community events and resources. We hope all of the information was helpful to you and you were able to share and attend the events. We genuinely appreciate your support in this project.

Sincerely,
OAYI Team

