

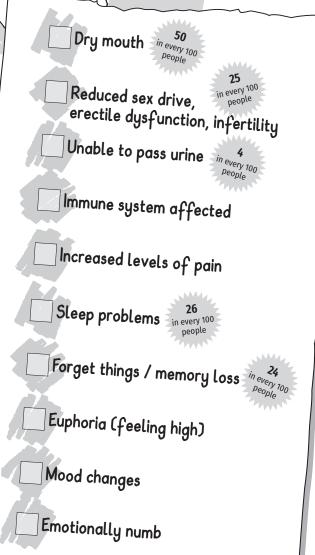
Opioids ('strong painkillers') can be really useful for a short time – after an injury or surgery. But longer term they aren't much help. They only reduce pain for about 10 percent of people in the long term.

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).

| | - 1 |
|---|-----|
| Feeling dizzy, sickness in every 100 people | |
| Sweating in every 100 people | |
| Confused, sleepy in every 100 people | |
| Constipation 20 to 40 in every 100 people | |
| Risk of falls and fractures | |
| Weight gain in every 100 people | C |



Other consequences

Tolerance – your body gets used to it, so the same dose is less effective than it used to be

Dependence – withdrawal symptoms if stopping suddenly or without clinical support

Addiction – psychcological dependence and behaviour patterns develop

Misuse – not using them in a responsible way

