



HOW OPIOIDS AFFECT ATHLETIC PERFORMANCE



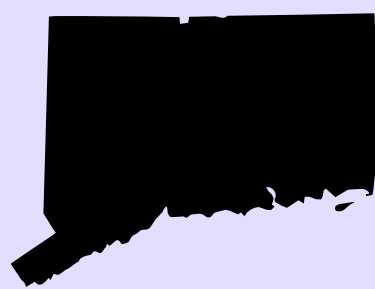
TYPES OF OPIOIDS

Common types of prescription opioids include OxyContin, Percocet, Vicodin, and Dilaudid.⁷

Fentanyl is a synthetic opioid approved for treating severe pain, but illegally made and distributed fentanyl has been on the rise in the United States.¹

CONNECTICUT FACTS

In 2021, 8.5 percent of high school students in Connecticut reported taking prescription pain medicine without a doctor's prescription or in ways other than prescribed.³



FAKE PILLS

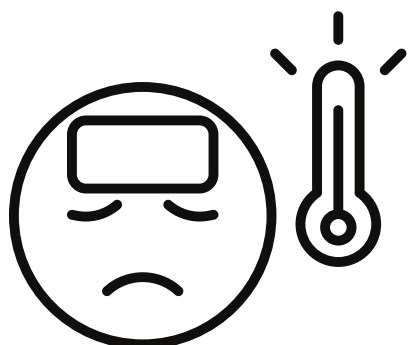
If pills are not prescribed by a doctor, they may be fake, and can contain deadly additives such as fentanyl.

Fake pills are the main reason youth are experiencing the greatest increase in fentanyl-involved deaths compared to other age groups.²

OPIOIDS & ADDICTION

Opioids can be highly addictive. Over time, they can alter the brain, which leads to addiction.

People who are addicted to opioids feel a strong urge to take the drug again and again.⁶



OPIOID WITHDRAWAL

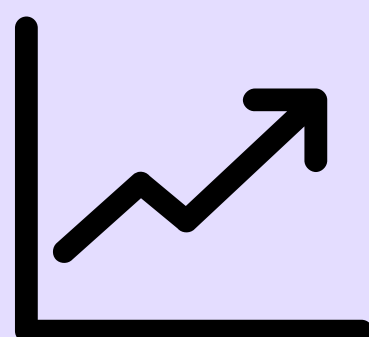
When someone stops taking opioids, they may experience severe withdrawal symptoms including:⁶

- Muscle and bone pain
- Sleep Problems
- Diarrhea
- Vomiting
- Cold flashes
- Uncontrollable leg movements

ADOLESCENT OPIOID USE

Adolescent brains are still developing, which can increase their risk of addiction.

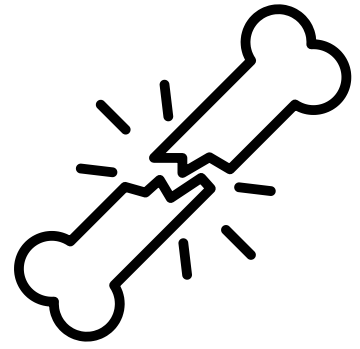
Adolescents prescribed opioids by grade 12 are 33% more likely to misuse prescription opioids by age 23.⁵



BONE STRENGTH

Opioids decrease bone strength, which can make someone more likely to get injured.

Long term use of opioids is also associated with an increased risk of fractures. 4



ENDURANCE

Opioids slow down breathing. When someone breathes less, less oxygen is pumped to their muscles.

Taking opioids may make it harder for athletes to perform their best. 4

HEART RHYTHM

Opioids alter a person's heart rhythm.

Many people find that their hearts beat slower or faster when they take opioids.

This makes high intensity exercise while on opioids more challenging, less effective, and dangerous. 4

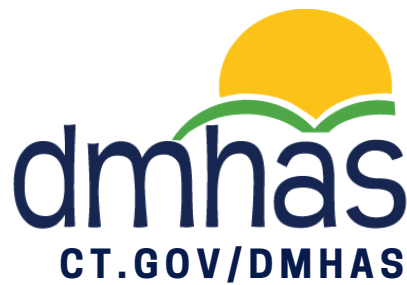


WHERE TO FIND HELP

There are agencies that can help young people with opioid use.

Call 211

You can also reach out to your school's guidance department or town's youth services agency.



CITATIONS

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4. How Opioids Affect Exercise and Athletic Performance. GameChanger. (2022, June 29). <https://gamechangerusa.org/how-opioids-affect-exercise-and-athletic-performance/>
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