

# O.P.A.L. | Opioid Prevention for Aging & Longevity

## Facts about Opioid Pain Medications

Mixing opioid pills with alcohol or other medicines can lead to falls, brain damage, and even death.

Non-opioid medicines like Ibuprofen and Tylenol may relieve your pain better than opioid pills.

If you take opioid pills, take only as directed, and ask your doctor or local pharmacist about Naloxone for use in case of overdose.

**To learn more about the risks of opioid pills and how to treat opioid poisoning with Naloxone visit our website at [aging.uams.edu](http://aging.uams.edu).**



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