

SIDELINED For the Athlete

Did You Know :

Student athletes are at a heightened risk for opioid misuse and abuse?

- Male athletes were found to be twice as likely to be prescribed painkillers than non-athletes and 4x as likely to misuse or abuse their prescriptions
- 52% of high school athletes have been prescribed opioids, with 71% of those athletes admitting to misusing the medication
- People who use opioids often need to increase their dose to feel normal. A teenage brain is at a greater risk for addiction because it hasn't fully developed. Don't turn into an accidental user

Angels pitcher Tylar Skaggs had a long injury history including a Tommy John surgery, an oblique injury and a series of abductor strains from 2016-2018. Oxycodone, fentanyl and alcohol were found in his system on July 1, 2019 when he was discovered dead on his bed.



FACTS:

OPIOID PRESCRIPTION PAIN MEDICATION

- Acts on the brain the same way as heroin
- Does not treat the injury, only blocks the pain
- Are very addictive, even in low doses, and even in short durations
- Can cause a person to stop breathing, leading to an accidental overdose
- Increases the chances of overdosing when mixing with other substances (alcohol or other prescribed medication)
- Impairs driving

REST IS BEST:

Athletes who return to play before they're fully healed, are more likely to rely on prescription opioids to hide the pain.

ALTERNATIVE TREATMENT OPTIONS:

- Ibuprofen or Acetaminophen
- Physical therapy
- Acupuncture
- Chiropractic care
- Ice
- Massage
- Cognitive Behavioral Therapy

BE IN THE KNOW

- Talk with your parents, coaches, athletic trainers and doctors about your treatment plan
- Understand your treatment plan
- Encourage athlete friends to rest, heal and rehabilitate before returning to play

ATHLETE OATH:

“I promise to respect and abide by the rules, commit to my sport without doping and without drugs, in true spirit of sportsmanship, for the glory of the sport and the honor of our teams.”

