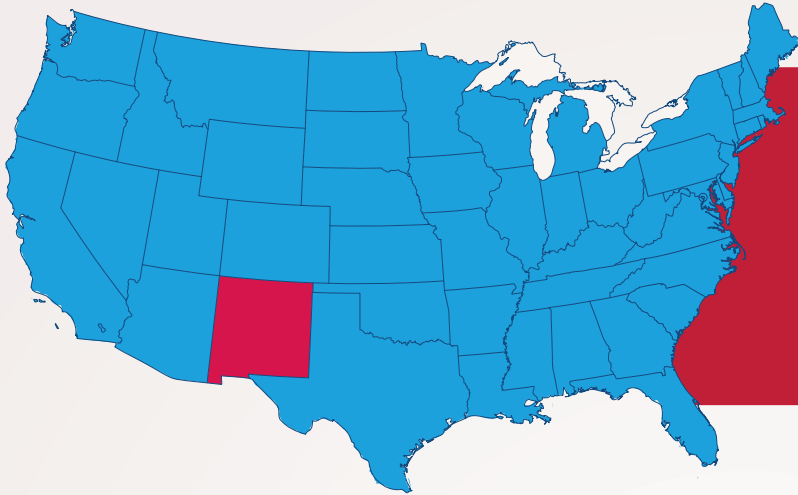


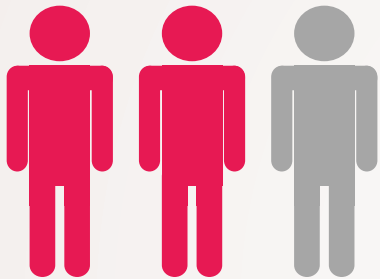
DRUG OVERDOSE IN NEW MEXICO



New Mexico had the **15th HIGHEST DRUG OVERDOSE DEATH RATE IN THE US** in 2018.

New Mexico's drug overdose death rate (26.6 per 100,000 population) in 2018 was about 29% higher than the US rate (20.7 deaths per 100,000 population) in 2018.

-NMDOH



About **2 of 3** Drug overdose deaths in NM in 2018 involved **an opioid** (prescription opioids, heroin, or fentanyl).

-NMDOH



The methamphetamine death rate in NM **almost tripled** from 2013 to 2018.

-NMDOH

In 2018, there were

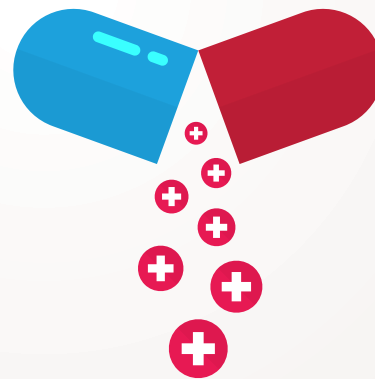
537

deaths due to drug overdose in New Mexico.



To put that in context, **ONE NEW MEXICAN DIED** from drug overdose about **EVERY 18 HOURS**.

-NMDOH



In 2018 in NM, about

83%

of drug overdose deaths that involved benzodiazepines (drugs like valium) also involved opioids.

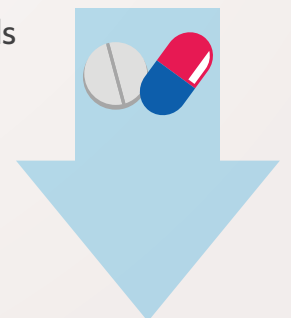
-NMDOH

The amount of prescription opioids sold in NM decreased by

36%

between 2011 and 2017.

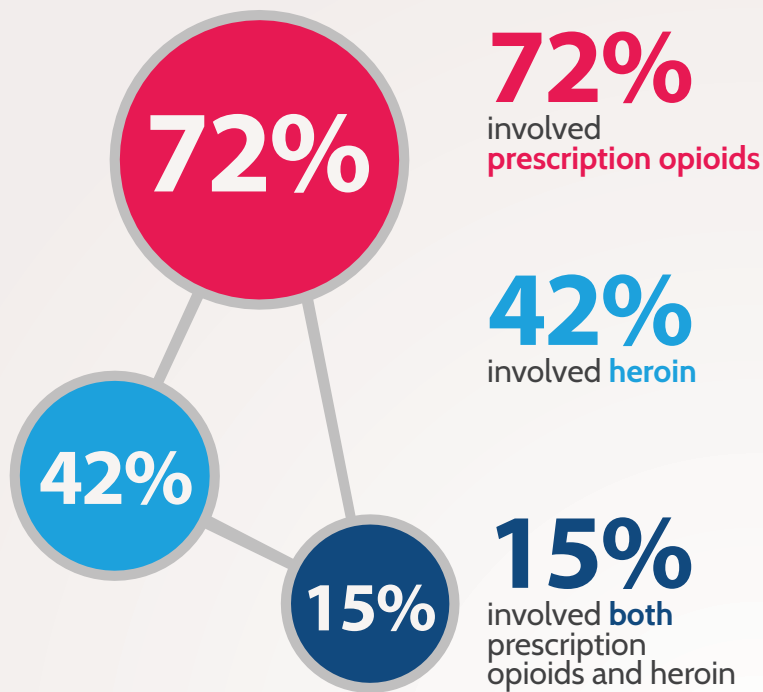
-DEA sales data



PEOPLE WITH PRESCRIPTIONS ARE AT RISK OF OVERDOSE, NOT JUST NONMEDICAL USERS.

-Kolodny et al., 2015

OF OVERDOSE DEATHS INVOLVING HEROIN OR PRESCRIPTION OPIOIDS IN 2018:



MOST NONMEDICAL USERS OF PRESCRIPTION OPIOIDS REPORT OBTAINING DRUGS:

- + Free from a friend or relative
- + Bought from a friend or relative
- + Taken without asking from a friend or relative

TAKEN WITHOUT ASKING IS MORE COMMON AMONG THE YOUNGEST USERS, EMPHASIZING THE NEED FOR APPROPRIATE STORAGE OF THESE DRUGS.

- National Survey on Drug Use and Health



RESPIRATORY DEPRESSION IS ONE EFFECT OF HEROIN OR OPIOIDS

The victim fails to breathe enough to keep the brain and other organs supplied with oxygen

Naloxone reverses the effects of opiates, including respiratory depression and can save lives

THINGS YOU CAN DO TO PREVENT DRUG OVERDOSE

- + Never take a medicine not prescribed for you, or other than as prescribed.
- + Never share prescriptions.
- + Confirm all medicines that you take with your healthcare provider at every visit.
- + Get naloxone! Naloxone is a drug that can reverse an opioid overdose.
- + All pharmacists can dispense naloxone without a prescription.
- + If you are concerned about your use of controlled substances (medications) or illicit substances, see your healthcare provider and ask for help!
- + Your healthcare provider can help you determine the appropriate treatment.
- + Medication-assisted treatment (MAT) is available to treat opioid use disorder.

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