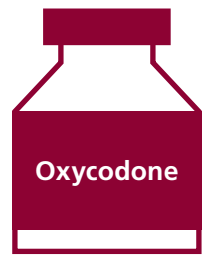


# Opioid use in persistent pain



## Recognise these?



For short-term and end of life pain, medications such as morphine and codeine can be very effective. For longer periods they can cause serious problems.

Talk to your pharmacist about reducing your pain killer for a month. Some people may feel worse for a couple of weeks but most will find that their quality of life improves and their pain gets no worse.

## More and more research is showing that...



Long term opioid use can **reduce your quality of life** and actually **cause you more pain**



After **12 weeks**

opioids are **no more effective than a placebo** in treating persistent pain.



**4 out of 5**

patients receive little or no benefit from long term opioid use



**1 in 5**

that do benefit, only receive a 30% reduction in pain

**For more information, talk to your pharmacist or visit [www.kernowccg.nhs.uk](http://www.kernowccg.nhs.uk)**