

# MYTH VS. FACT

## MYTH

Prescription medications are not addictive.

## FACT

Prescription medications can be addictive when they are not used responsibly. Both the physician and the patient must consider the risks associated with prescription opioid use.

## MYTH

My doctor prescribed it, so it must be safe.

## FACT

Even opioids that are prescribed by a licensed physician carry risks. Always use your prescription as directed and ask your doctor about alternative pain management options.

## MYTH

Addiction is a choice.

## FACT

Addiction is a disease, and while individuals can make a choice to seek treatment, they often require professional support to address the physical and psychological impacts of substance use disorder.

## MYTH

I can get in legal trouble for seeking treatment.

## FACT

Addiction in itself is not a crime and seeking treatment will not land you in trouble. It is important to know what resources are available to you and where to find them. See page 35 for more details.

## MYTH

Only illegal drugs lead to overdose.

## FACT

Prescription opioids can also lead to overdose when they are not used as directed. Always follow the guidance of your doctor and never take a larger or more frequent dose than what is prescribed to you.