Suggested Dose of Reality for U.S. Military Community Social Media Posts

* Veterans exhibiting signs of PTSD are at higher risk for opioid abuse. If you suffer from PTSD and are prescribed a prescription painkiller, be sure to discuss the risks and alternatives with your doctor.
* U.S. Veterans are two times more likely than non-veterans to suffer a fatal overdose from opiates. If you have loved ones at risk, arm yourself with knowledge so you can recognize signs of abuse. https://doseofrealityga.org/get-the-facts/
* You risked your life for your country- don't risk it for opioids. The VA can help find the right pain management solution for you. <https://www.va.gov/PAINMANAGEMENT/Opioid_Safety/index.asp>
* Did you know that 27% of Veterans in VA care diagnosed with PTSD also have Substance Use Disorder? If you are struggling with opioid misuse, you are not alone. Take the first step in getting help. [https://doseofrealityga.org/need-help/](https://doseofrealitywi.gov/need-help/)
* Veterans and active duty members are at higher risk for chronic pain due to injury or combat, and therefore are more likely to be prescribed prescription painkillers. It is crucial to use these medications appropriately to avoid addiction or overdose. Find out how: <https://doseofrealityga.org/get-the-facts/appropriate-use/>
* In 2011, 16.3% of veterans reported sharing prescriptions to manage their pain, and 29% resorted to alcohol or street drugs to treat their pain. Help stop the opioid crisis by taking only as directed by your prescribing medical professional. Sharing is NOT always caring.
* PTSD medications can sometimes have adverse effects when combined with opioids. If you are struggling with PTSD and pain, consider some non-narcotic options:
	+ - Over-the-counter medications such as Tylenol or ibuprofen
		- Cognitive behavioral therapy
		- Exercise therapy, including physical therapy
		- Medications for depression or for seizures
		- Interventional therapies (injections)
		- Exercise and weight loss
		- Other therapies such as acupuncture and massage
		- (<https://www.cdc.gov/drugoverdose/patients/options.html>)
* You fought bravely for your country. Now join us in the fight against opioid misuse! Veterans are highly susceptible to prescription pill addiction and overdose. Help put a stop to senseless deaths by not sharing prescriptions with your peers and properly disposing of unwanted medications. https://doseofrealityga.org/drug-takeback/