

Florida VA Medical Centers

Sergeant Ernest I. "Boots" Thomas VA Clinic

2181 East Orange Avenue
Tallahassee, FL 32311-6144
(850) 878-0191

Jacksonville 1 VA Clinic

1536 North Jefferson Street
Jacksonville, FL 32209-6525
(904) 475-5800

Malcolm Randall Department of Veterans Affairs Medical Center

1601 Southwest Archer Road
Gainesville, FL 32608-1135
(352) 376-1611

William V. Chappel, Jr. Veteran's Outpatient Clinic

551 National Health Care Drive
Daytona Beach, FL 32114-1495
(386) 323-7500

Orlando VA Medical Center

13800 Veterans Way
Orlando, FL 32827-5812
(407) 631-1000

James A. Haley Veterans' Hospital

13000 Bruce B. Downs Boulevard
Tampa, FL 33612-4745
(813) 972-2000

West Palm Beach VA Medical Center

7305 North Military Trail
West Palm Beach, FL 33410-6400
(561) 422-8262

Lee County VA Clinic

2489 Diplomat Parkway East
Cape Coral, FL 33909-5422
(239) 652-1800

Bruce W. Carter Department of Veterans Affairs Medical Center

1201 Northwest 16th Street
Miami, FL 33125-1624
(305) 575-7000

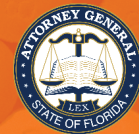
For all VA Center locations, visit www.va.gov. For more information about opioids, talk with your doctor, dentist, pharmacist or prescribing medical professional, or visit DoseOfRealityFL.com. In case of emergency, call 9-1-1.

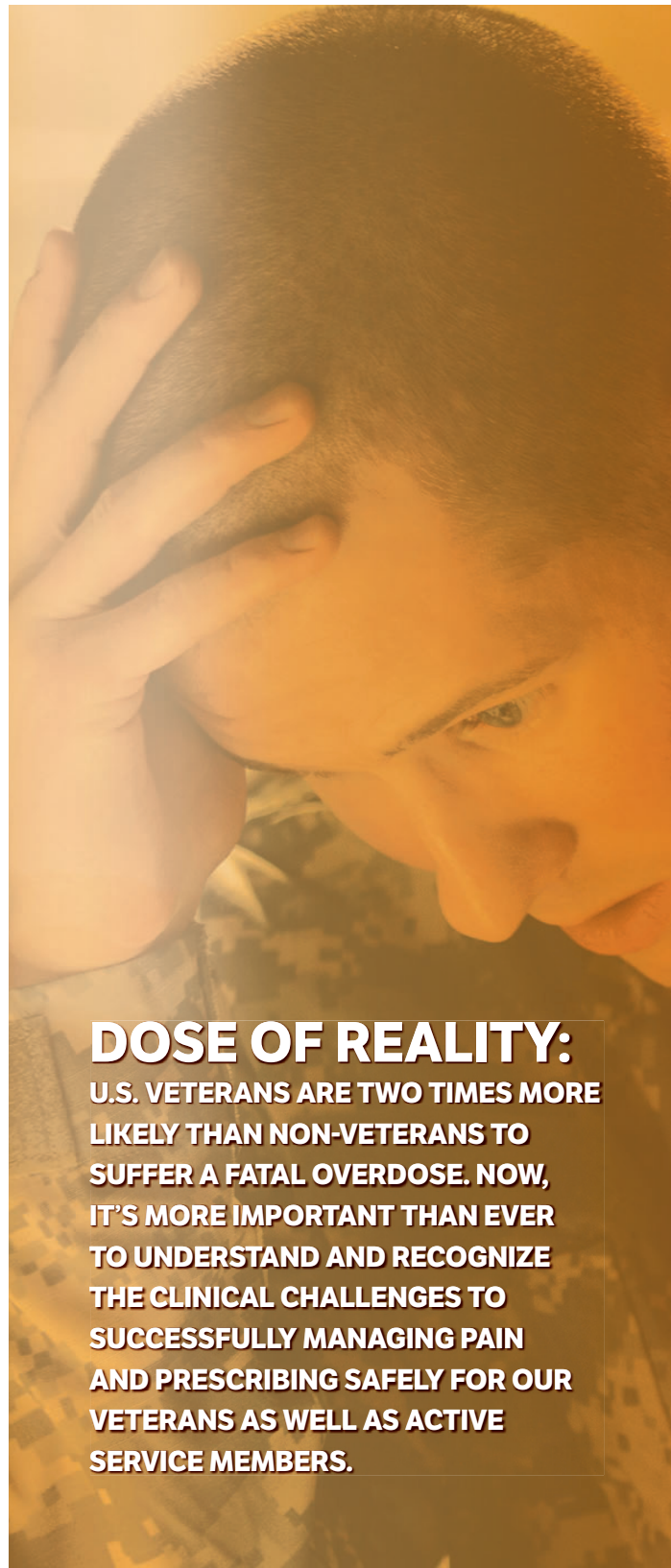
**WHAT U.S. VETERANS
AND SERVICE MEMBERS
SHOULD KNOW ABOUT
PRESCRIPTION PAINKILLERS**



Learn more at: DoseOfRealityFL.com

A message from the Office of the Florida Attorney General.





DOSE OF REALITY:
U.S. VETERANS ARE TWO TIMES MORE LIKELY THAN NON-VETERANS TO SUFFER A FATAL OVERDOSE. NOW, IT'S MORE IMPORTANT THAN EVER TO UNDERSTAND AND RECOGNIZE THE CLINICAL CHALLENGES TO SUCCESSFULLY MANAGING PAIN AND PRESCRIBING SAFELY FOR OUR VETERANS AS WELL AS ACTIVE SERVICE MEMBERS.

In the most recent data, more than 28% of U.S. opioid deaths involved a prescription opioid. As an alternative to prescription painkillers, many VA medical centers place an emphasis on patient education, alternative pain management like physical therapy, close monitoring with frequent feedback, and integrative health approaches like acupuncture and yoga. There is no one-size-fits-all treatment; each person's situation and level of pain varies, so treatment plans are tailored to suit specific needs.



IF YOU OR SOMEONE YOU KNOW IS AT RISK:

- Talk with the healthcare professional who prescribed the medication to you. If you're concerned about a family member or friend, urge them to talk to whoever prescribed their medication.
- Consider seeking long-term help. Ask your local VA about substance use disorder treatment programs.

WHAT VETERANS AND SERVICE MEMBERS CAN DO

- Only take medications as prescribed. Take the proper dose at the right time. Don't avoid taking your medication to save it for a later time.
- Get help from friends and family, or those closest to you.
- Don't take extra doses. Extra doses may lead to illness or overdose. It may also lead to running out before you can obtain more, which may lead to withdrawal.
- If you have severe, increased, or new pain, don't just take more of your opioids or increase your dosage. Call your pain care provider to decide on the best care.
- Protect your opioids from damage, loss, or theft. Keep them safe, locked up, and out of reach of family, children, visitors, and pets.
- If you need to travel with your medication, always carry your CURRENT labeled prescription bottle.

COMMON SIGNS OF OVERDOSE:

- Pinpoint pupils
- Slowed or stopped breathing
- Falling asleep or loss of consciousness
- Limp body
- Pale, blue, or cold skin or toes/fingertips
- Choking or gurgling

Visit DoseOfRealityFL.com for more information