



## Overview

Since 2013, the number of heroin overdose deaths in Illinois has doubled, and the number of opioid overdose deaths has quadrupled. More than 1,900 people in Illinois are projected to die of opioid overdoses this year — more than one-and-a-half times the number of homicides and almost twice the number of fatal motor vehicle crashes.

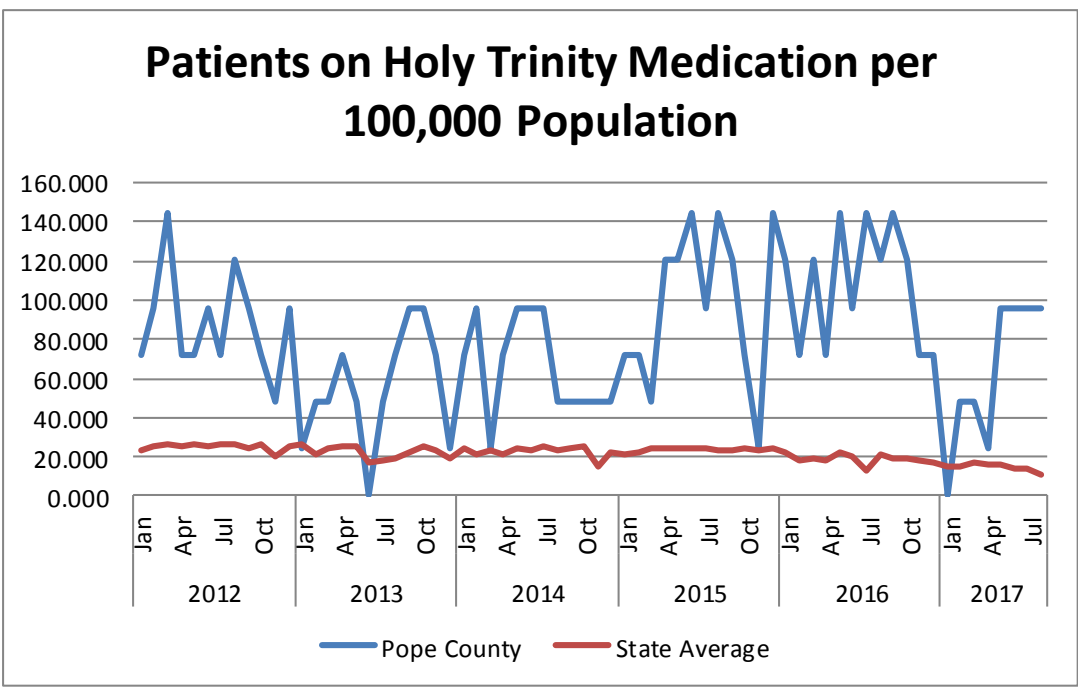
This profile summarizes controlled substance prescriptions in Pope County from 2012-2017. This information is provided by the Illinois Prescription Monitoring Program (ILPMP).

2016 Pope County Prescriber Data	
Number of controlled substance prescribers in Pope County	< 10
Pope County prescribers using ILPMP in the last 6 months	2
Number of prescribers used by Pope County residents	509

The following charts display Pope County’s usage of potentially addictive prescription drugs versus the state average.

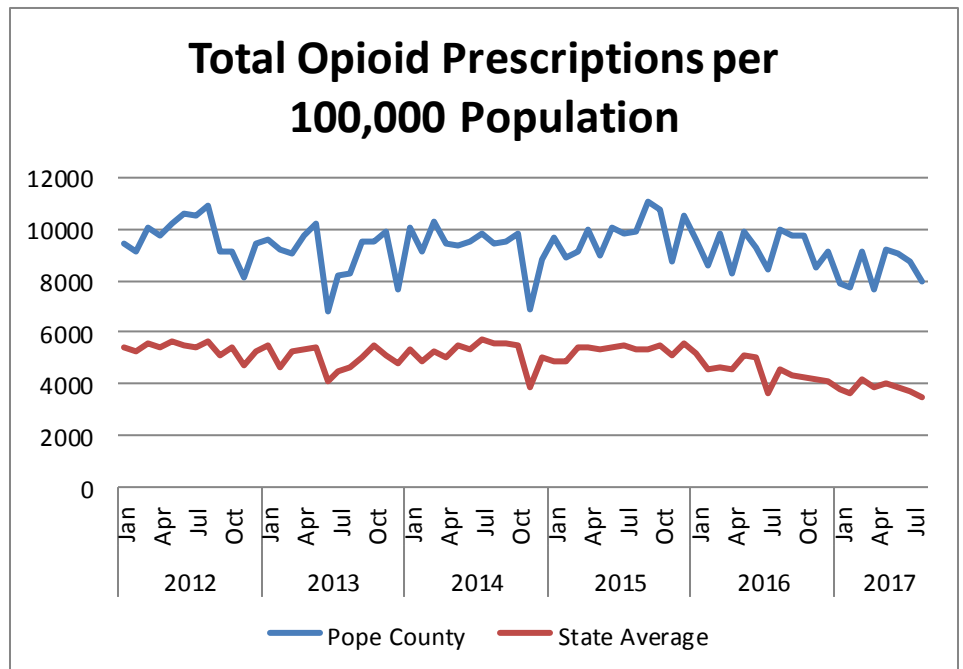
## Holy Trinity Medications

The “**Holy Trinity**” reference is a drug regimen that includes at least one opioid, a benzodiazepine, and muscle relaxant. Opioids, benzodiazepines, and muscle relaxants all have some overlapping side effects in terms of drowsiness, respiratory depression (opioid), confusion, tremor, and seizures risk. When combined, these drugs are synergistic in causing respiratory depression and could collectively result in death.



## Prescribing Opioids

**Opioids** are medications that are most often used to relieve pain. Long-term opioid use changes the way nerve cells work in the brain. This can happen even to people who take opioids for a long time to treat pain, as prescribed by their doctor. The nerve cells grow used to having opioids around. Overdose deaths involving prescription opioids have quadrupled since 1999, and so have sales of these prescription drugs.



## How You Can Help

The IL PMP recommends several actions which may assist in reducing the prescription opioid addiction risk:

1. Urge Prescribers and Dispensers to register with and utilize the IL PMP.
2. Encourage all hospitals and physician offices in your County to connect with and utilize the PMP Automated Connection which incorporates IL PMP data into the patient’s electronic health record.
3. Provide the CDC’s Guideline for Prescribing Opioids for Chronic Pain to every prescriber in the county.
4. Consider non-opioid therapies.
5. Be aware that your patients may be obtaining prescriptions from multiple prescribers.

## More Information

The Illinois Prescription Monitoring Program does not guarantee any report to be entirely accurate. The information contained in ILPMP reports is submitted by the dispensing pharmacies and mistakes, while rare, are possible.

These reports are being generated with the intentions of bringing awareness to local communities about potential dangers with prescription drug and heroin abuse in their counties. This will also help the PMP identify the specific needs of each community in regards to abuse awareness and education.

All controlled substance data was gathered through the Illinois Prescription Monitoring Program Database. Census data was gathered based on estimations of the 2016 populations from the U.S. Census Bureau at: <https://www.census.gov>

Additional information can be obtained by visiting our website at: <https://www.ilpmp.org/>

CDC Prescribing guidelines for prescribing opioids for chronic pain are located at: [www.cdc.gov/drugoverdose/prescribing/guideline.html](http://www.cdc.gov/drugoverdose/prescribing/guideline.html)