

Women, Chronic Pain & Prescription Opioids

Prescription Opioids

- Opioids are a type of medication prescribed to treat acute and chronic pain.
- Opioids can be very effective in reducing pain. They can also produce a feeling of well-being or euphoria ("high").
- Opioids are depressant drugs, which means they have a depressant effect on the central nervous system. This results in the slowing down of the part of the brain that controls breathing.
- Some common opioid medications include: morphine, codeine, oxycodone (e.g., Oxycontin®, Percodan® or Percocet®), hydrocodone (e.g., Hycodan®, Tussionex®), hydromorphone (e.g., Dilaudid®), fentanyl, methadone, tramadol, and buprenorphine.
- Prescription opioid medications come in various forms: tablets, capsules, syrups, solutions, patches, and suppositories.

Women & Chronic Pain

- Chronic pain is persistent or recurrent pain that lasts for longer than three months. Chronic pain is impacted by complex biological, psychological, emotional, social, and environmental factors.
- Women are more likely to experience more severe and recurrent chronic pain than men and are more likely to be prescribed and rely on prescription opioids to manage chronic pain.
- Sex-related factors, such as hormonal fluctuations, genetics, and physiological factors affect pain experiences and responses to opioids.
- Gender-related factors, including gendered coping responses, contribute to women's experiences of pain and medication use.
- Women are more likely to experience multiple chronic pain conditions simultaneously.

Women disproportionately experience chronic pain and chronic pain conditions, including: Fibromyalgia, Migraines, Irritable Bowel Syndrome, Rheumatoid Arthritis, osteoarthritis, Temporomandibular Joint Disorder, Vulvodynia, Endometriosis and Chronic Pelvic Pain.

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Prescription Opioids & Women's Health

- Prescription opioids affect people differently. Some opioids are processed more efficiently by females, and others by males, due to differences in hormones, body weight, fat distribution and liver enzyme activity.
- Despite pain relieving qualities, women also report side effects of using opioids including sedation (feeling drowsy or sleepy), nausea, vomiting, constipation, depressive symptoms, increased suicidal ideation, and memory loss. Further side effects include decreased libido and impacts on daily functioning, including driving, working, and ability to socialize.
- Adverse effects of prescription opioids may be exacerbated by menstrual cycles, age, mental health conditions and use of other substances (e.g., alcohol, tobacco, cannabis).
- At higher doses, the sedative and depressant effects of opioid medications can be dangerous, leading to drowsiness and the slowing of the breath, which can cause coma and death.
- Prescription opioids are most effective when used short-term. The body builds up tolerance when they are used long-term, which causes a need for increasing dosage to feel pain relief.
- Long-term use of prescription opioid medications in women can cause hormonal changes, infertility, anxiety, and depression. Changes in your hormones may affect your period and libido.
- Long-term, frequent use of opioids to treat headaches can also result in "medication overuse headache", a headache caused by overuse of headache relief medications.
- Prescription opioid medications can be dangerous when taken in large quantities or misused. Indicators of misuse may include:
 - Using opioids with alcohol, benzodiazepines (e.g. clonazepam and lorazepam), or other medications with sedative effects
 - Taking more medication than prescribed or taking medication that was not prescribed for you
 - Changing how your medication is taken (e.g. changing the route of administration)



- When reducing opioid use, it is important to ‘taper’ or gradually reduce your dosage to avoid severe withdrawal. Collaborating with a trusted healthcare professional to develop a personalized tapering plan for a safe and effective transition.
- Opioid Agonist Therapies (OAT), such as Suboxone or methadone, can help prevent and stabilize symptoms of withdrawal, reduce opioid cravings, and can continue to offer pain relief.

Prescription Opioids for Chronic Pain Management

- There are reasons why women may use prescription opioids for pain management, including experiencing insufficient relief from alternative options.
- Women report several benefits of using prescription opioids for chronic pain management including:
 - Pain relief
 - Improved quality of life
 - The ability to return to day-to-day tasks (e.g., work, exercise, social plans, parenting, etc.)
 - Improved mental health outcomes from having opioids as one of their available pain management options
- Some side effects of prescription opioids may further impact experiences of pain.
- It is important to speak to a healthcare provider to ensure that your medication and dosage is right for you.

Comprehensive Pain Management for Women

- Women’s pain management is most effective when it is empowering, trauma-informed, holistic, and tailored to consider women’s needs and unique experiences of pain.
- Comprehensive and multifaceted treatment plans for chronic pain are integral to prolonged pain management options may include:
 - Medical or surgical interventions
 - Psychological support (e.g., cognitive behavioural therapy, psychotherapy, and mindfulness practices)
 - Physical therapy, chiropractic care, massage, and other allied health services
 - Lifestyle strategies (e.g., dietary choices, sleep, and exercise)
 - Social and cultural practices

Key Resources

- 8 Most Evidenced Treatments for Women’s Chronic Pain
- Pain Management Strategies for Women with Chronic Pain
- Women, Chronic Pain & Prescription Opioids: 8 Key Issues and Ideas for Action
- Women and Chronic Pain Conditions

Download these resources at [cewh.ca](https://www.cewh.ca).

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