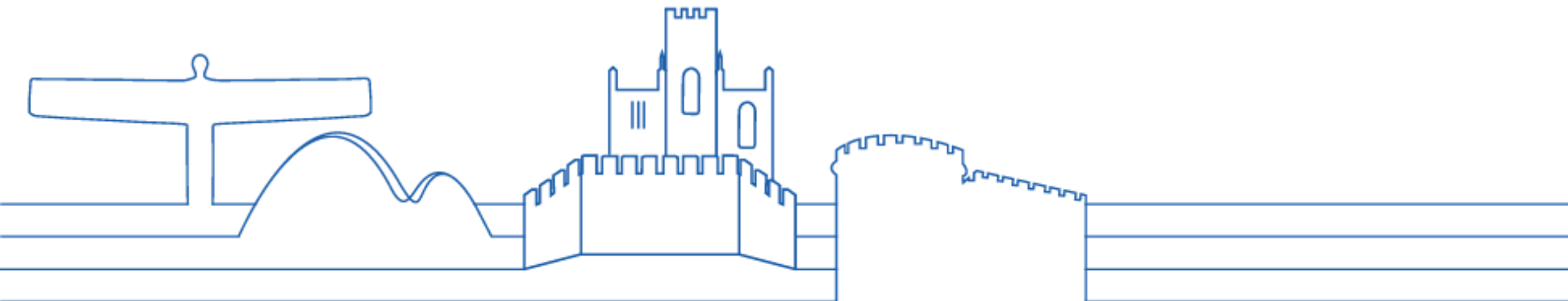


Opioids: a symptom of a wider problem

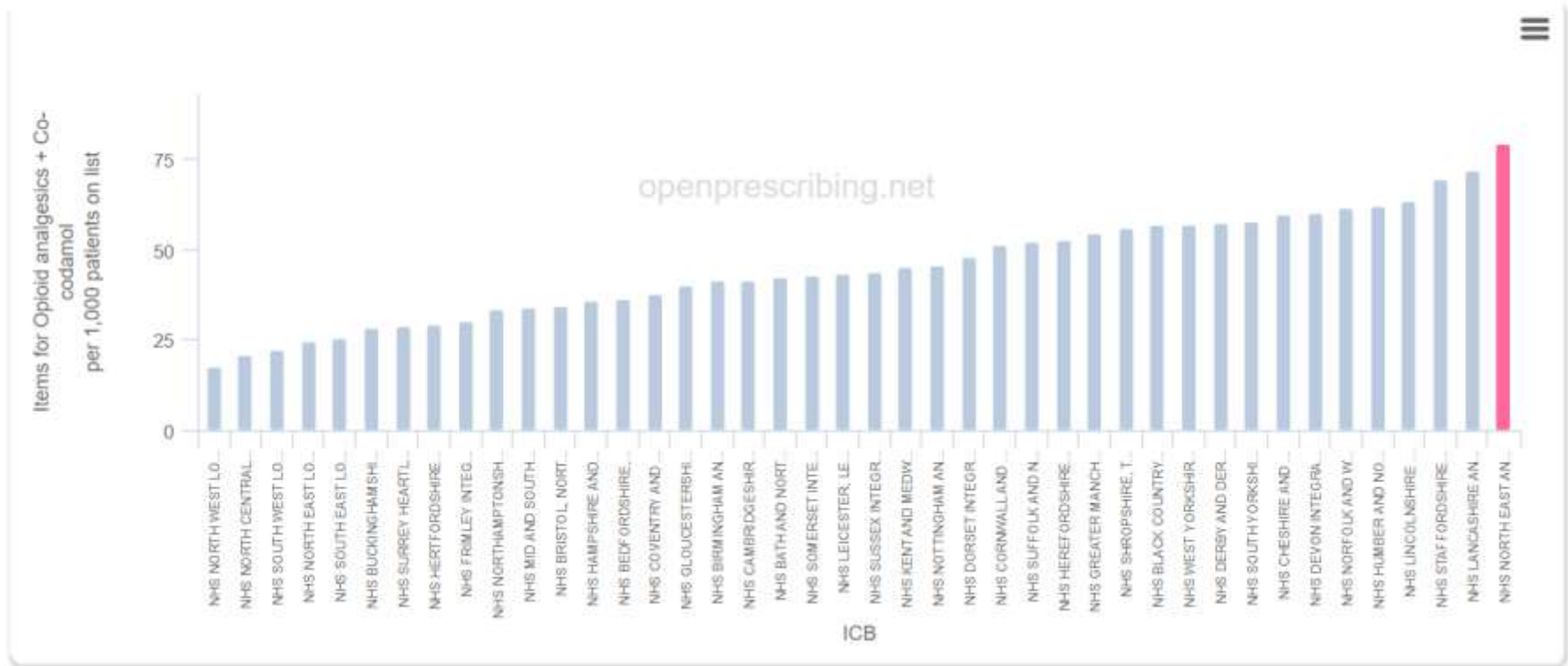
Ewan Maule

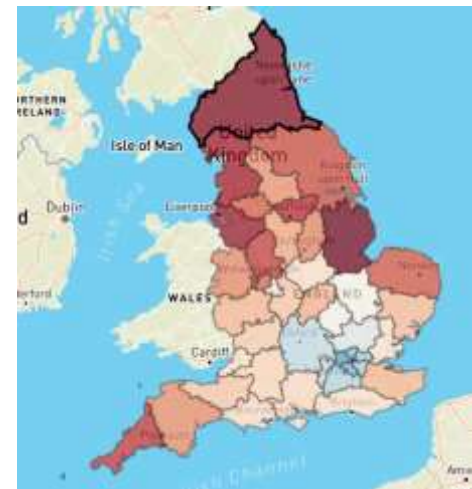
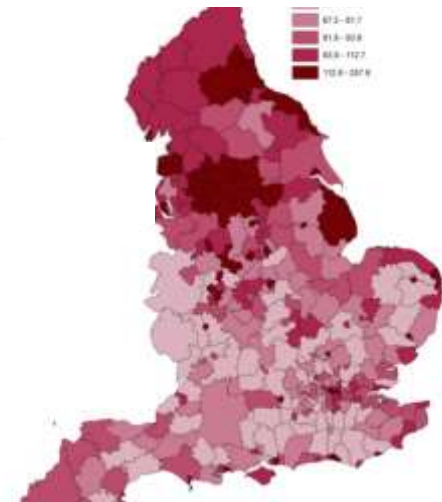
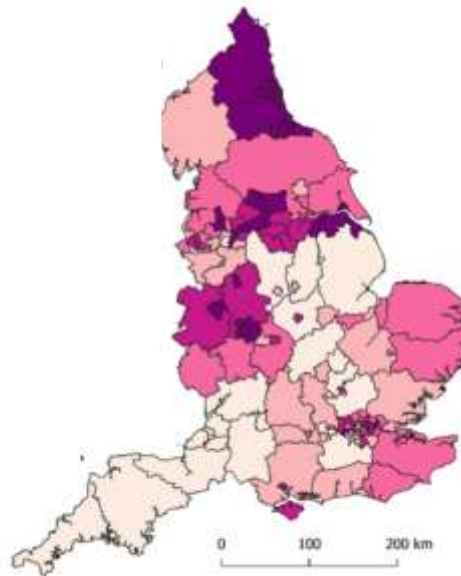
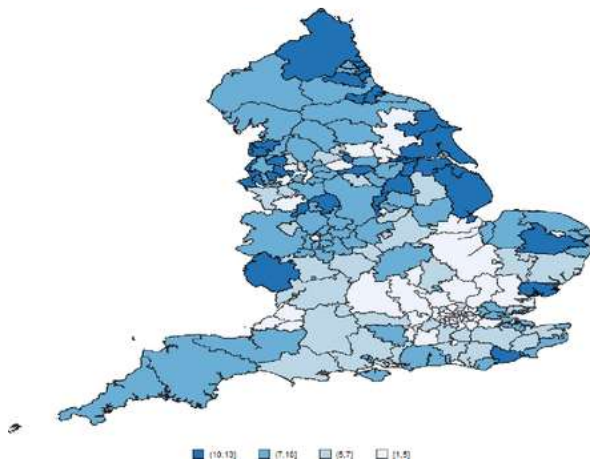
Director of Medicines and Pharmacy

Feeling the pain - Nov 2022



Items for Opioid analgesics + Co-codamol vs patients on list by NHS NORTH EAST AND NORTH CUMBRIA
 INTEGRATED CARE BOARD and other ICBs
 In Aug '22





“Living with chronic pain is hard, but dealing with those who don’t care or understand is harder.”

UNKNOWN

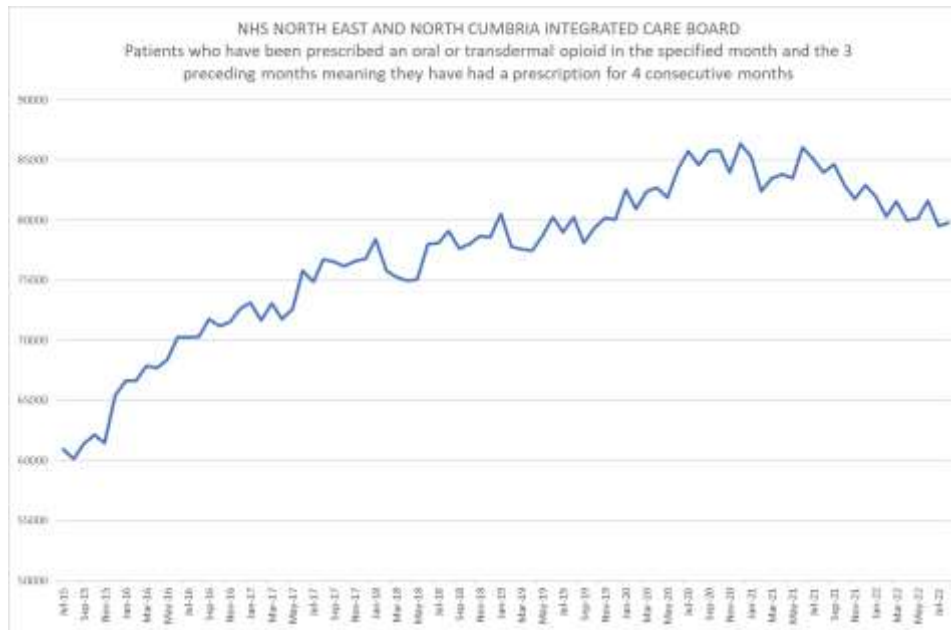
Louise Trewern

- *It's taken me five years to get to where I am now. I understand I can live with some pain in my life. **I was looking for the magic pill that does not exist.** By accepting that the painkillers were doing more harm than good, that they were actually at the root of many of my problems, I am now in a much better place.*
- *I've lost 8 ½ stone. I walk most days. Everything starts to hurt more when I stay still, so the solution is to be more active. I'm a better mum because I'm present. I'm much more social, I love listening to music and when my restless legs kick in, well, **I turn up the music and have a dance instead of turning to pills that stopped working a long time ago.***

Louise Trewern

@Loulouscorpio





We now have 6,821 fewer people with chronic pain taking opioids for longer than 3 months than we did at our peak

That means we have prevented 682 moderate harms

And saved 110 lives