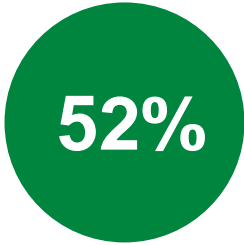


How are you navigating these risks?

Half of Americans (52%) tested in a recent *Quest Diagnostics Health Trends* study **misused their prescription medications**. The study also found dangerous drug combinations of opioids, benzodiazepines, and alcohol are common.



Drug overdose is now the leading cause of accidental death among Americans under age 50 and researchers may have even underestimated overdose deaths this year with the loss of life trending to reach a record high.

Opioid Epidemic

Nearly **3 in 5** American adults **take a prescription drug**. Up markedly since 2000 because of much higher use of almost every type of medication, including antidepressants and treatments for high cholesterol and diabetes.



Since 1990, the number of Americans who have **died from opioid overdoses** has **increased by more than 500%**.



In 2015, more Americans **died from opioid overdoses** than from **car accidents & gun homicides combined**.



A study in the *Journal of the American Medical Association* estimated that opioids are **shortening the life span of Americans by 2½ months**.