



**FOR IMMEDIATE RELEASE**

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## **Shatterproof Applauds New CDC Guidelines for Prescribing Opioids for Chronic Pain**

Today the Centers for Disease Control and Prevention approved a set of guidelines for doctors to use in deciding whether their patients really need opioid painkillers. These common-sense guidelines that physicians can consult before writing a prescription will help reduce addiction, improve the health of our families, and save lives.

“The new prescribing guidelines approved by the CDC are an important step in addressing America’s opioid crisis,” said Gary Mendell, founder and CEO of Shatterproof, a national non-profit organization focused on ending addiction.

“Physicians across the country will now have access to consistent information about when and how to prescribe opioid painkillers, including advice on safe dosages and the risk of addiction,” explained Mendell. “The CDC should now embark on a sustained effort to have them implemented. Doctors must be required to go through training on these guidelines before receiving a license to prescribe controlled substances.”

Physicians wrote 259 million prescriptions for painkillers in 2012. That’s enough for every adult in America to have a bottle in their medicine cabinet. “These drugs serve a legitimate purpose in improving the lives of people in chronic pain. But doctors and patients must know more about the risk of addiction,” Mendell said.

### ***About Shatterproof***

[Shatterproof](http://shatterproof.org) is a national organization committed to protecting our loved ones from addiction to illicit and prescription drugs, and alcohol, and ending the stigma and suffering of those affected by this disease. Shatterproof provides information and resources for those living with addiction and their families, enabling powerful new evidence-based approaches to prevention, treatment and recovery, and takes the issue to the steps of Capitol Hill.

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