

# Bryan, Choctaw, McCurtain, Pushmataha Counties

## Unintentional Poisoning Facts

- State Facts:**
- From 2007-2013, more than 4,600 Oklahomans died of an unintentional poisoning (UP).
  - More Oklahoma adults age 25-64 die of UP than motor vehicle crashes or suicide.
  - Opioid prescription painkillers are the most common drugs involved in UP deaths.
  - Oklahoma had the sixth highest poisoning death rate in the U.S.

### What is a Poisoning?

A poisoning is the ingestion, inhalation, absorption, or contact with a substance resulting in a toxic effect or bodily harm. An unintentional poisoning occurs when a person does not intend to hurt themselves or someone else. The person may intentionally be exposed to a substance (e.g., a person ingests a medication at higher than prescribed levels) but does not intend to harm themselves.

In the late 1990s the most common cause of overdose deaths became prescription drugs.

**Nearly four out of five unintentional poisoning deaths in Oklahoma involve at least one prescription drug.**

**Number of UP deaths by type of substance, select counties†, 2007-2013**

All unintentional poisonings	127
Prescription drugs	109
Prescription painkillers (opioids)	98
Illicit drugs	23
Alcohol	6

**Most common substances\* in overdose deaths, select counties†:**

<b>Hydrocodone</b>	Fentanyl
<b>Methadone</b>	Carisoprodol
<b>Alprazolam</b>	Morphine
Methamphetamine	Tramadol
Oxycodone	Alcohol

### Bryan, Choctaw, McCurtain, Pushmataha County Data (2007-2013)

- Bryan, McCurtain, and Pushmataha Counties had unintentional poisoning death rates higher than the state rate.
- More than eight out of ten deaths involved at least one prescription drug.
- Three out of four deaths involved at least one prescription painkiller.
- Males were more than 40% more likely to die of an unintentional poisoning than females.
- Adults age 35-54 had the highest rate of unintentional poisoning death.
- Adults age 45-54 were more than three times as likely to die of an unintentional poisoning compared to teens and young adults age 15-24.
- One in three people who died of an unintentional poisoning had a history of mental health problems.
- More than half of people who died had a history of substance abuse.
- Seven out of ten deaths occurred at a home or apartment, while one in four occurred at a hospital.

**Injury Prevention Service**  
 (405) 271-3430  
<http://poison.health.ok.gov>



\*Top three substances in bold. †Bryan, Choctaw, McCurtain, Pushmataha Counties

## Prevention

- Take medications as prescribed, and never more than the recommended dosage
- Never share or sell prescription drugs
- Properly dispose of unused, unneeded, or expired drugs
- Keep all medication in a safe place to avoid theft
- Call 211 for help finding treatment referrals

## Signs/Symptoms of an Overdose

- Won't awaken when aroused
- Bluish purple skin tones for lighter skinned people and grayish or ashen tones for darker skinned people
- Slow, shallow, erratic, or absent breathing
- Snore-like gurgling or choking sounds
- Elevated body temperature
- Vomiting
- Irrational behavior or confusion

**Emergency: Call 911**  
**immediately if you suspect**  
**someone is overdosing.**



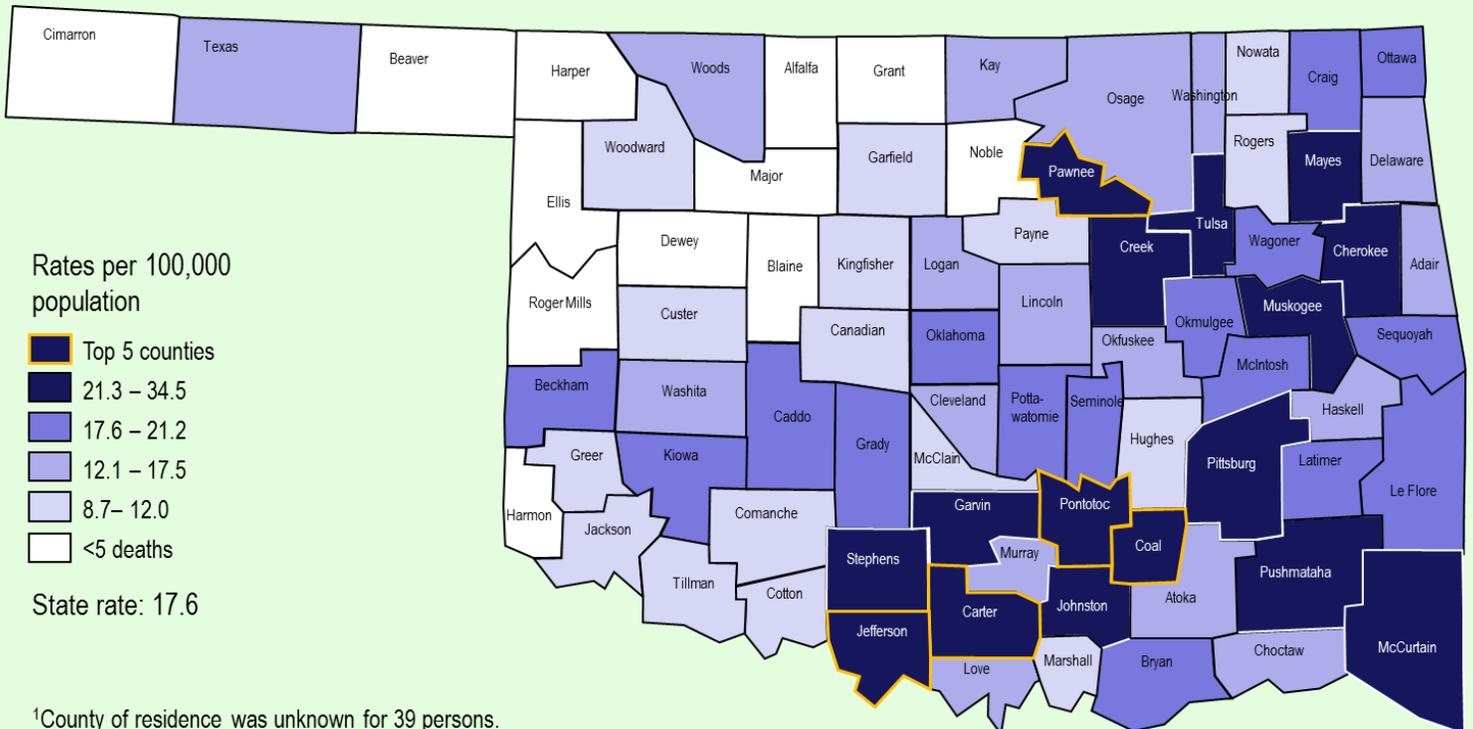
## Common Generic/ Brand Name Prescription Drugs

Generic	Brand Name
Alprazolam	Xanax
Carisoprodol	Soma
Cyclobenzaprine	Flexeril, Fexmid
Diazepam	Valium
Fentanyl	Duragesic patch
Hydrocodone	Lortab, Norco, Vicodin
Methadone	Diskets, Methadose
Morphine	MS Contin, Kadian, Avinza
Oxycodone	OxyContin, Percocet, Endocet
Tramadol	Ultram, Rybix, Ryzolt
Zolpidem	Ambien, Intermezzo

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## Unintentional Poisoning Death Rates by County of Residence<sup>1</sup>, Oklahoma, 2007-2013



<sup>1</sup>County of residence was unknown for 39 persons.

Source: OSDH, Injury Prevention Service, Unintentional Poisonings Database (Abstracted from Medical Examiner reports)