

## Narcan key in fewer opioid deaths

Addressing an audience of 60 residents at Congregation Tifereth Israel in Glen Cove on Feb. 4, Nassau County Legislator Delia DeRiggi-Whitton said, "I cannot stress enough how important this session is." She was hosting a Narcan education and training session co-sponsored by SAFE of Glen Cove.

People who attended the Narcan education and training session were surprised by how many Narcan sessions DeRiggi-Whitton sponsors each year in her district.

Out of the more than 500,000 people who died from opioid overdoses between 2000 and 2015, 60 percent were due to opiates in pill form. "To understand how and why so many people in our country are

becoming heroin addicts," she said, "it often starts by taking a prescription a trusted doctor as prescribed."

Opioids cause receptors in the brain to open, and once opened, those receptors never close. This is the reason it is so hard to kick an opioid habit and stay clean. When a prescription runs out and doctors cannot write refills, some people become desperate and turn to heroin, which is relatively easy to find and can cost less than a pack of cigarettes.

People that attended the training in Glen Cove left with a great deal of knowledge and a Narcan overdose reversal kit.

*Compiled by Alyssa Seidman*