

Opiate Use Disorder

Opiate use disorder is a disorder where a person has a strong urge to use an opiate even though it may affect their life, health and relationships in a bad way.

What are opiate drugs?

There are many different kinds of opiates. Some are prescription medications given to you by your doctor to help relieve pain. Even though they come from a doctor, a person can still become addicted to them. Examples of prescription opiates are oxycodone (OxyContin and Percocet), hydrocodone (Vicodin and Lortab), fentanyl, codeine and morphine. Another type of opiate is heroin. Heroin is highly addictive and not legal. It can be smoked, snorted and injected.

Signs you may have opiate use disorder

Everyone is different, but some signs that you may have an opiate use disorder are if you:

- Take more of the opiates than the doctor told you to.
- Go to more than one doctor to get your opiate medication.
- Steal or forge signatures to get a prescription for the opiates.
- Are angry, emotional or restless when you are not taking the opiates.
- Have to take more of the opiates to get the same feeling.
- Have flu-like symptoms when you do not take the opiates.
- Are in trouble with the law because of drug use.
- Use drugs in an unsafe place or situation.
- Have trouble at work, home or with your family or friends because of the drug use.

Why do some people become addicted and others don't?

Using drugs often can cause your brain to change over time. These changes can affect your self-control and make you feel like you need the drug. Some people are more likely to get addicted to drugs than others. There are many reasons for this, including:

- People in your family are or have been addicted to drugs.
- Being abused or neglected when you were young.
- Having a mental health disorder, like depression or anxiety.
- Starting using drugs or alcohol when you were young.
- Injecting drugs.

Opiate drug abuse and your health

Abusing opiates can be harmful to your health. Some health problems might include:

- Stomach issues and constipation.
- Depression.
- A fast decrease in your blood pressure that is not caused by other health issues you may have.
- Dizziness or confusion in a place you are familiar with.
- Shortness of breath.

What treatment is available?

The first step in recovering from drug abuse is admitting there is a problem. Recovery means different things to different people. It can take time, courage and patience. The next step is talking to your doctor. Your doctor can help you decide the best way to work on your recovery. Your doctor may suggest therapy or support groups. Support groups, like Narcotics Anonymous, are free and can help you. Your doctor might also tell you about other medications you can take that will help your addiction, like Methadone and Suboxone. One medication used for opioid withdrawal and overdose is Naloxone. It is one of the two chemicals found in the drug Suboxone. If you use Naloxone by itself, you will not get addicted to it. But if you use it while also using opiates, you might have withdrawal symptoms.

How can I help if someone I know has an addiction?

You can't make someone stop using drugs by trying to force them or make them feel guilty. They have to want to quit and get help. Here are some ways you can help them:

- Do not use drugs with them, try to make them feel guilty or throw away the drugs.
- Talk to them about why you are worried about them and give specific examples of what they do that makes you worried.
- Set boundaries and stick to them.
- Take care of yourself. Make sure you manage your stress in a healthy way.

Where can I get help?

To find a support group in your area go to: naindiana.org

Call MDwise customer service and ask to talk to a care manager: **1-800-356-1204**