Today alone, more than 90 Americans died after overdosing on opioids, and tomorrow another 90 will die with the number dramatically rising.1 Opioid addiction is a serious illness with deadly consequences for the affected individuals, which affects their families, and society at large.2,3 Studied show that families or support systems are vital to the treatment and need to be engaged in the helping process.4 This infographic is aimed at education others in an effort to help understanding opioids, addiction, detox, and what harms in regards to opioid addiction. It is suggested that the best practice is to start “Treatment as Prevention” in not only the United States, but the Northern American Continent, as other countries are struggling with the opioid epidemic.5 However, for those that are in the middle of facing opioid addiction personally or for a loved one, here are some things that will be helpful.

by Sarah Murray

DO UNDERSTAND OPIOIDS

Opioids blocking pain from every neurological angel and make you feel good with artificial endorphins. Too much opioid use can cause your brain to rely on these artificial endorphins. CLICK UNDERSTANDING OPIOIDS FOR MORE. 5

DO RECOGNIZE OPIOID NAMES

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydorcodeone (Vicodin®), codeine, morphine, and many others. 6 CLICK RECOGNIZE OPIOID NAMES FOR MORE.

DO UNDERSTAND ADDICTION

Addiction can happen by taking pain pills that your doctor prescribed to you or by street drugs you seek out. Either way it causes you to feel less pain, more pleasure and a vicious cycle begins. CLICK UNDERSTAND ADDICTION FOR MORE. 7

DO UNDERSTAND DETOX

Because of withdrawal from the drug the body goes through severe symptoms of the flu and more. The following are some symptoms: nausea and vomiting, sweating, muscle cramping, depression, agitation, anxiety, diarrhea, abdominal cramping, goose bumps on the skin, dilated pupils and possibly blurry vision, rapid heartbeat. 8 CLICK UNDERSTAND DETOX FOR MORE. 9

DO UNDERSTAND TREATMENT

Treatment for detox usually includes methadone, buprenorphine, and/or naltrexone. While pharmacotherapy and cognitive behavior therapy options are best practice for those beginning treatment, that is just the beginning. Long term treatment centers have the best outcomes. A strong strength based support system, cognitive behavior therapy and new habits for reproducing endorphins are needed. Some suggest exercise, yoga, acupuncture, but most of all support is needed. CLICK UNDERSTAND TREATMENT FOR MORE. 10

DO THREE MAIN STEPS

First remember it is not as easy as “stopping” if you or someone you love is addicted. It will take professional help. Seek help from niaaa.org or your health care provider. Second, A support system that is educated is hugely helpful, but they will need professional help as well. Seek out a support group for loved ones at nar-anon.org or codeberryinc.com. Finally, you AND your loved one needs a plan after treatment. CLICK THREE MAIN STEPS FOR MORE. 11

References
5. https://www.drugabuse.gov/drugs-abuse/oxycontin
7. https://youtu.be/2pSYaWQ3Y9I