Understanding Opiate Addiction, Detox & Rehab

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An addiction is something that can be difficult to live with and when it comes to opiate addictions, they can often be the most challenging ones to overcome. Any addiction though can take a toll on its body and heroin or Oxycodone are just two that can be damaging. There are also plenty of legal consequences that can come with an addiction like this too which could involve complications with loved ones and not to mention financial issues.
Addiction is a chronic disease that affects both the mind and body. And as such, it needs treatment methods that address both of these areas at once. There are many though that assume they can deal with their addiction alone, but that's hardly ever the case in reality. In order to get the best chance, it's important to consider treatment options that are out there.

Spot The Signs & Symptoms of Opiate Addiction

Opiate addiction has many signs and symptoms that can help you spot this life-threatening disease whether it's you or a loved one that's going through it. Many people find that they don't realize how invasive the addiction really is until it's too late and they've started experiencing the health problems that come with it. There are common signs of addiction to look out for and these are:

- Skin that's swallowed and changes that are quite abnormal in weight.
- Mood swings and bouts of aggression.
- Excessive partying or isolating oneself.
- Marks or sores on the skin that can't be explained.
- Withdrawal from loved ones and activities.

There are many different symptoms that can vary in intensity depending on the amount of usage, the length of time using and the person individually. There's anxiety, bodily fatigue and even confusion for some on a regular basis. Hallucinations or paranoia are not uncommon and physical symptoms can also include nausea, digestive problems and bodily pain.

Picking The Right Detox and Rehab Treatments

When it comes to treatment options, it's worth looking at what forms of rehabilitation are best for what you need or what your loved one is after. Those who have a long-term or severe addiction will benefit mostly from inpatient care. Those who may have a short-term problem or one that's not so severe may find an outpatient option more suitable to their lifestyle.
Inpatient treatment centers definitely have higher rates of success when it comes to addiction because of the strict guidelines and routine that are in place. You also get access to more and on a 24/7 basis. With outpatient programs, you're partly on your own and that can make recovery more of a challenge. There's also a higher risk of relapsing with outpatient programs because the triggers are there and available.

Therapies Used In Opiate Addiction Rehabilitation

With therapy, it plays a critical role in your recovery process. There are plenty of added benefits that also come with treatment centers in terms of creating new interests and coping mechanisms to help reduce the chances of relapsing. Therapy is important because it can help tackle the mental side whilst also giving your lessons on how to deal with your recovery in the real world. It's a lot harder once you step outside and have to adapt to a sober-free life. There's a lot of temptation that may attempt to sway you. Some of the therapies used are:

- Individual counseling
- CBT – Cognitive Behavioral Therapy
- Group Therapy

With individual counseling it's something that can be really helpful to be in a safe and private space. Your therapist can help discuss the root causes of your addiction but also how to help overcome the challenges presented with your addiction. Group therapy offers similar benefits but incorporates all members of the treatment. They involve activities and may even involve your loved ones. For CBT, cognitive behavioral therapy aims to help replace the destructive behaviors that come with the addiction, with healthier alternatives. It hopefully helps to break the cycle of addiction.
There are plenty of other forms of therapy available too that are involved too.

Getting Help with Opiate Addiction

It's important to get help from professional inpatient or outpatient programs if the inpatient ones aren't suitable for your needs or lifestyle. There are plenty of treatment centers out there that will help you get the assistance you need. However, there should be plenty of research done to find the right ones that will offer affordable and quality treatments that work.
Treatment is something that you need, instead of trying to attempt it alone. Try to get the help as soon as you can so that you can minimize the damage it can do on your body.

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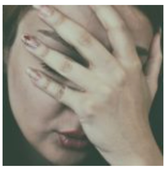

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