# How Addictive Are Prescription Pain Medications (Opioids)? Impacts To Your Brain & Body

By The Professionals At Robert Alexander Center

Many people experience pain daily, either due to injuries, surgery, or disease. Opioid medication is prescribed by a physician to control acute pain; when used as per the prescription, opioids are safe. However, there's a risk of addiction when the medication is taken incorrectly. Opioid medications are pain relievers made from the poppy plant, such as morphine, or synthesized in the lab like fentanyl. When these medications attach to opioid brain receptors, the cells boost feelings of pleasure and muffle pain perception.

## Impacts Of Addiction To Prescription Pain Medications To Your Brain And Body

Although addiction to pain medications can occur with short-term use, the most dangerous impact to the body and brain happens with long-term use; it increases levels of dependency and addiction. Opioid addiction often occurs when one begins misusing pain relievers in ways such as using them in the way they weren't prescribed or taking a prescription that's not yours. After a period, you need these opioids to feel normal and prevent withdrawal symptoms, such as:

- Sleep problems, like insomnia
- Vomiting
- Bone and muscle pain
- Diarrhea
- Restlessness or anxiety

Other impacts on your brain and body include feeling sleepy at lower doses, but opioids can slow your heart and breathing rates at higher doses and lead to death. Feelings of pleasure lead to addiction, as you may want to keep feeling that way. Healthcare providers, dentists, and doctors who prescribe pain medication understand and know how to weigh the risks of addiction and dependence. It's necessary to inform them if you have any history of addiction, and as soon as anything arises, communicate immediately.

Symptoms associated with pain medication addiction are uncomfortable, hence the reason why it's challenging to stop depending on them. When you identify a problem on time, there are better chances for long-term recovery before things worsen. At this point, a healthcare provider can prescribe FDA-approved non-opioid medicine, lofexidine, to reduce withdrawal symptoms.

Most drug addiction problems often manifest themselves through behavioral symptoms, such as

- Over secretiveness
- Increased theft or borrowing funds to fund the addiction
- Missing responsibilities
- Hanging out with different people

Physical signs include:

- Tremors
- A drastic change in sleeping patterns
- Sudden weight change
- Poor personal hygiene

Addiction may cause a loved to experience psychological warning signs, such as irritability, anxiety, paranoia, depression, and moodiness. Look out for these and more warning signs to get yourself or your loved ones the much-needed help from a credible facility.

If you're struggling with pain medication addiction, the Robert Alexander Center for Recovery is dedicated to providing you with expert treatment for lasting recovery through the following programs.

1. Detoxification

Addiction is a menace without boundaries; it can get people of all ages and from all walks of life. When you make the bold decision to get help, the first step to recovery is detoxification. The detox process helps rid your body of toxins to allow it to metabolize drugs that are still in the system and stabilize you to begin your recovery. Suppose your addiction is severe; you may need a medically assisted detox, in this case, Subutex for opioid addiction. Regardless, our team is always ready to guide and help you ease your burden.

2. Intensive Outpatient Program

Our intensive outpatient program at Robert Alexander Center for recovery is ideal for individuals who require treatment on a part-time basis. These individuals may need to go back home due to responsibilities, such as work, school, or family. The program is ideal for individuals with minor ailments, less severe addiction, and have adequate community and family support.

Suppose you have already attended the inpatient program. In that case, an intensive outpatient program can be a step-down to help you get back to your usual routine at ease while still working towards recovery.

3. Outpatient Program

Many individuals battling opioid addiction fail to seek treatment because of daily responsibilities and commitments. Our outpatient program is ideal instead of an inpatient program that would otherwise take away time from their duties. Patients get to live at home provided they check in with the specialists for treatment and regular medication or counseling. However, not everyone is suited for the outpatient program, for example, those lacking a supportive home environment, experiencing severe addiction, and those who have previously defaulted or relapsed severally. Addiction to pain medication is becoming a menace due to a lack of information and stigma. Addiction leads to severe dependence on drugs despite the consequences and lasting impacts on the brain and body. Addiction manifests itself in different ways, such as behavioral change; it is, therefore, essential to catch symptoms early and tour our facility to help your loved one start their journey to recovery.

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