



Shadow Mountain Recovery Provides Important Info on Heroin Overdose

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Shadow Mountain Recovery Santa Fe, an addiction recovery center in Santa Fe, NM, has recently released a blog post that provides important information about heroin overdose. The occurrence of a heroin overdose is due to the individual using too much heroin, but this is dependent on several factors, such as the person's overall health, size, and length of time they have been using heroin. It is important to note that over time, an individual will develop a tolerance to heroin, which means that taking the same dose will no longer provide the same effects, thus, encouraging the person to increase the amount of heroin used and this increases the risk of a heroin overdose. When this occurs, respiration is reduced or stopped, putting the person at risk of hypoxia in which insufficient oxygen reaches the brain which may result in a coma, brain damage, or even death.

There are a number of possible early warning signs of a heroin overdose. These include shallow breathing, blue lips or fingertips, pale skin, unresponsiveness, slurred speech, and irritability. Because the individual is not getting enough oxygen to the brain and other organs, someone who is overdosing on heroin will typically have pale skin, including blue lips or fingertips. And heroin overdose can have long-term effects. It may cause restlessness, anxiety, headache, rapid heart rate, confusion, shortness of breath, coma, brain damage, and

death.

For those who are witnessing a loved one or friend overdosing on heroin, it can be scary, but it doesn't have to be fatal. When suspecting that a person is overdosing on heroin, it is advisable to call 911 as quickly as possible and then to try and keep the person awake until the emergency response team arrives. In the event that the person cannot stay awake, it will be a good idea to lay them on their side to allow for easier breathing. If naloxone is available, this should be administered as early as possible. Naloxone is a medication that can be used to reverse the effects of heroin and other opioids. And naloxone cannot hurt a person who had not taken an opioid, so it can be safely administered even when unsure if the person has overdosed on an opioid or not.

It is important to note that anyone who is using heroin is at risk of a heroin overdose. And there are several risk factors that can contribute to heroin overdose. These include decreased tolerance from using less heroin; changes in the potency of heroin used; unknowingly or knowingly using heroin that has been mixed with another substance; poor nutrition; weak immune system; heart problems; chronic health issues; and surviving a past overdose.

Meanwhile, Shadow Mountain Recovery Santa Fe can offer a solution for people struggling with heroin addiction. Their treatment professionals are capable of creating individualized programs for each specific person to help them recover and discover wholeness by using therapeutic strategies designed to address the root causes of the specific individual's substance use disorder.

Founded in 2006, Shadow Mountain Recovery provides a continuum of care for people who are struggling with an addiction. They provide programming for each level of addiction treatment and ongoing support. Their well-rounded treatment has been observed to help create new life patterns for the patient through the use of effective therapeutic resources in combination with the philosophy of 12 Step recovery and taking part in physical and recreational activities as a way to achieve self-expression. They are focused on providing safe and effective treatment solutions for those struggling with addiction, substance abuse, and prescription pill dependency; with and without co-occurring mental health disorders. Their team of clinical professionals will assess clients' individual needs and then recommend the proper treatment plans while facilitating the selection of the program and making effective aftercare decisions.

Those who are interested in learning more about the addiction recovery programs can check out the Shadow Mountain Recovery website or contact them by phone or email. They are open 24 hours a day, every day of the week.

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For more information about Shadow Mountain Recovery Santa Fe, contact the company here: Shadow Mountain Recovery Santa Fe 505-357-1367 info@shadowmountainrecovery.com 31 Calle Del Barrio Santa Fe, New Mexico, 87505

Shadow Mountain Recovery Santa Fe

Shadow Mountain Santa Fe is a unique drug rehab built around helping you heal and rebuild. Our detox and residential facility is a unique opportunity for our clients to reconnect with themselves.

Website: <https://www.shadowmountainrecovery.com/santa-fe/>

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