Local Rehab Warns Community About Heroin Tracks

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Serenity Lane, an Oregon-based rehabilitation facility, has released a blog informing their community on heroin track marks, how to spot them, and what they mean. With substance use and opioid-related overdoses on the rise, they want to make sure people are aware of the signs. Being educated and informed about substance use can help people make better decisions about their health.

Heroin track marks primarily come from scarring from needle and syringe use, according to Serenity Lane. That?s not the only method of heroin consumption, however. Some other commonly used tools for heroin use include spoons, straws, and aluminum foil. ?When an individual is living with addiction, they use these items to inject heroin into their veins. This causes the skin around the injection site to form scars and bruises. They look like small puncture wounds, and there are usually bruises in the areas where the veins have been repeatedly punctured and collapsed.?

Track marks aren?t always easy to see. ?According to the Department of Health in Minnesota, people will begin injecting heroin into their arms until that location becomes too painful due to damaged and collapsed veins,? Serenity Lane explains, ?At that point, someone may move the injection site to the neck, feet, groin, face, and hands. The more visible their injection sites become, the more they will cover up.?

The blog points out that track marks aren?t just there from continuous use in those locations. Oftentimes those spots, because of frequent use and unclean tools, can lead to infections. ?The NIH says that self-treatment of heroin track marks often includes a lack of sterilization and improper use of antibiotics. This can lead to several complications.? Some of these complications include hyperpigmentation, the death of fingers and toes, and scar formation.

Serenity Lane points out that track marks aren?t the only way to indicate that someone might be using heroin. ?If someone you love is wearing longer-sleeved shirts in the middle of 90-degree weather, or if they seem more tired or depressed than they once did, it might be time to ask them about illicit drug use.? Other signs such as changes in sleeping patterns or personality changes such as increased euphoria can also indicate a heroin use disorder. ?If they have been taking heroin, please know that recovery is possible. You might not know what to do, which is a normal feeling, and you should acknowledge and consider your feelings first. Let your loved one know that they are not alone and that you care about them and want them to get treatment.?

Serenity Lane has been helping people overcome substance and alcohol use disorders since 1973. All of the programs they offer have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). They have introduced many new programs in Oregon, such as residential step-down and outpatient programs that integrate residential and outpatient services. They have also been the provider of the only Addiction Counselor Training Program in Oregon. Some of their graduates are now offering their services through several treatment programs throughout the country.

People who would like to know more about the addiction treatment services available through Serenity Lane of Eugene, Oregon can visit their website or contact them by telephone or email. Serenity Lane has live people ready to help place patients from 8:00 am - 7:30 pm Monday through Friday, and 8:00 am - 6:00 pm Saturday and Sunday.

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For more information about Serenity Lane Intensive Outpatient Services, Eugene, contact the company here:Serenity Lane Intensive Outpatient Services, EugeneStephanie Edwards541-485-1577info@serenitylane.org4211 West 11th AvenueEugene, OR 97402

Serenity Lane Intensive Outpatient Services, Eugene

Serenity Lane was established as a private, non-profit addiction treatment center for alcoholism and drug use in 1973. We have programs throughout Oregon and Southwest Washington. We believe that recovery from addiction is possible.

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