ReVIDA® Recovery Examines Mixing Heroin & Alcohol

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Duffield, VA - ReVIDA® Recovery?s latest blog installment investigates what happens when heroin and alcohol are mixed. As a leading provider of substance use disorder treatment in the Appalachian area, ReVIDA® provides resources and education to those wanting to learn more about substances and addiction.

?Mixing any type of drug with another is dangerous, but drinking alcohol is such a common activity that it?s easy to forget it?s also a drug. Whether it?s a prescription, over-the-counter, or illicit drug, adding alcohol to the mix will intensify the effects and put you at risk of an overdose.

When the drug you?re adding to the mix is an opioid, the risk of overdose is even greater, since opioids are a class of medication with known interactions to alcohol.

Alcohol paired with the opioid heroin is one of the worst combinations that exist, since (even among its opioid counterparts), heroin is an exceptionally strong substance. To complicate matters, alcohol and heroin both fall into the ?depressant? category, making the combination especially potent,? the article states.

Alcohol and heroin are both depressants and work by slowing the central nervous system. This system is responsible for breathing, and mixing alcohol and heroin can result in breathing stopping altogether. The

result is an overdose, and this risk increases when multiple substances are taken at once.

Alcohol lowers judgment and makes the person more likely to act recklessly. They may take heroin with alcohol because at the time it seems like a good idea. With inhibitions lowered, poor decisions like sharing needles can increase the risk of developing infections or life-changing conditions such as HIV/AIDS.

?When you mix alcohol and heroin, it sets off a series of dangerous events inside your body that can include cognitive function impairment and drowsiness, respiratory system complications and breathing difficulties, complete respiratory failure, and liver and heart damage. You may not notice or see what?s happening inside the body of someone who?s ingested both alcohol and heroin, but the organs are likely struggling to survive and the risk of overdose is dangerously high,? the article continues.

Signs of heroin use disorder include recurring respiratory and skin infections, liver disease, or gastrointestinal troubles, constricted pupils, unsteady movements, slurred speech, and a tendency to nod off unexpectedly. Behavioral changes such as mood swings and loss of interest in activities may also be noticed. A key sign of heroin use disorder is experiencing heroin withdrawal symptoms between use such as flu-like symptoms, vomiting, diarrhea, sweating, and muscle aches.

Signs of alcohol use disorder include difficulty abstaining from alcohol, frequently drinking more than intended, continued drinking despite complaints or negative effects at work, home, or in social relationships, needing to drink more to achieve the same effects, and experiencing withdrawal symptoms such as nausea or shakiness. Mood swings, choosing to drink instead of fulfilling responsibilities, and increased anxiety and depression are also common.

ReVIDA® Recovery works with their patients to help them reclaim their lives from substance use disorders. With group, family, and individual therapy, the dedicated team at ReVIDA® provides effective treatment in an outpatient setting. This allows their patients to keep up with work and home life obligations while receiving the help they need. The program also includes medication-assisted treatment for those managing an opioid use disorder. Besides private insurance, ReVIDA® also takes Medicaid to cover the costs of treatment.

To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.

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ReVIDA® Recovery Duffield

We are committed to your well-being and building a foundation of trust in you. Every day that you arrive at ReVIDA® Recovery Duffield, you will see us challenging ourselves to make your experience even better than your last visit.

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