Serenity Lane Warns of Drugs Causing Weight Loss

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In a recent article posted by Serenity Lane of Eugene, the non-profit rehab center shined a light on one of the lesser-known symptoms of drug use: weight loss. As a center that has been treating substance use disorders for over 50 years, they utilize their blogs to help provide educational information about substance use and its side effects. They hope to help more people make informed decisions about their health with the posting of blogs such as these.

The article first starts by acknowledging the average opinion on weight loss. ?Weight loss isn?t always positive, no matter how some forms of media may try to spin it. When it comes to weight loss that?s related to substance use, it rarely comes from a ?healthy? source.? They then elaborate on which drugs commonly cause weight loss. ?When it comes to substance use, weight loss can be a side effect for a variety of reasons. Some of the common drugs that have this combo include heroin, methamphetamines, and cocaine, though it is not exclusive to just them.?

As with most side effects, Serenity Lane is aware that every person?s experience with them is unique. For one person, the same side effect could have a bigger impact than for another person. When it comes to weight loss caused by drug use, it commonly stems from having impacted the metabolism or having impacted the appetite. Sometimes, the negative impact substance use has on mental health can also be a contributing

factor.

?In most cases when it comes to substance use, the effects of the drug don?t directly impact your metabolism. This doesn?t mean, however, that your metabolism can?t be impacted indirectly.? Serenity Lane explains, ?The best example of this is how substance use often affects how a person takes care of themselves. Ways to upkeep the body can become a low priority in some causes of substance use disorders. If you start to regularly eat less, it can change your metabolism as a result.?

They then tie in how self-care and well-being can also tie into both mental health and weight loss. ?Many people underestimate the power that a proper diet and sleep schedule can have on your mental health. By diet, we don?t mean a strict regimen, either, but rather a consistent source of food that doesn?t upset your body. Without food and sleep, our body can?t run at its best. This can often negatively affect your mental health, but at the same time, poor diet and poor sleep schedule can be a side effect of mental illnesses, too. It can be a vicious cycle.?

Serenity Lane understands that this cycle isn?t always easy to break as an individual. They offer continued support for those who want and seek it. ?Change can often seem intimidating, and other factors that might have contributed to a person?s substance use could be keeping them from getting the treatment they want. Our team here at Serenity Lane knows this, which is why we work hard to help our community by making treatment accessible and working to lower the stigma surrounding mental health and substance use. We want everyone to be able to access treatment when they want it and to make informed decisions about their health regarding substance use.?

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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