



## Rehab Center Explores Stages of Heroin Addiction

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Duffield, VA ? ReVIDA® Recovery, a local opioid use disorder rehab center, released a new installation to their blog page exploring the stages of heroin addiction. They offer facilities throughout Tennessee and Virginia that provide medication-assisted treatment (MAT) and outpatient services.

?The experimental stage happens when someone first starts using heroin. People begin for a variety of reasons. It could be friends, classmates, or even family members that influence someone?s decision to try it. On rare occasions, heroin use begins if someone is unable to continue getting their opioids from a doctor. Heroin is an illegal synthetic opioid, which means that any time someone uses it, they?re breaking the law.

"This is usually the stage of mild heroin use. Maybe you only use it when you?re with friends or in pain. You may begin to associate heroin with happy, euphoric feelings ? which can make you want to use it more. People may unknowingly use heroin as a coping mechanism during this time, especially if they?re experiencing difficult feelings or chronic pain,? the article reads.

Some people end their heroin use in the first stage. However, some progress to the next stage of heroin use, known as regular use. This is where heroin starts becoming a habit and where the person has made a conscious decision to keep using it for pain or pleasure. At this stage, the person may start noticing negative

changes in their work or relationships. Health signs may be noticeable that they are using heroin including collapsed veins, changes in mood or behavior, liver and kidney issues, heart problems, shortness of breath, respiratory infections, and bacterial infections.

The third stage of heroin use is the withdrawal stage, and at this point, the person's body and mind are completely dependent on heroin. It becomes painful to be without heroin as symptoms of withdrawal set in within hours after the last dose. Withdrawal symptoms include insomnia, anxiety/depression, memory issues, tremors, nightmares, increased blood pressure, gastrointestinal distress, sweating, and joint, bone, and muscle pain.

The recovery stage happens when someone has stopped using heroin and is working on sobriety or healing. The recovery stage won't look the same for everyone. For some, it will involve medication-assisted treatment and detox. Others may choose to enroll in an inpatient or outpatient treatment plan. During this stage, many work at healing the relationships that have been muddled by addiction. The recovery stage is also when people learn how to create healthier lives, master coping skills, and create new goals.

"Being in the recovery phase does not mean someone is 'in the clear'. Relapse is common, and staying away from heroin isn't easy. If and when someone relapses, a change in their treatment plan can be helpful. A relapse doesn't mean someone is no longer in recovery, and it's not a sign of failure," the article continues.

Heroin poses many dangers and health risks for the person using it. Cravings, sleep problems, tremors, poor decision-making, and trouble with work and relationships are all well-known short-term effects of regular heroin use. In the long-term, heroin can cause chronic mental health conditions, gastrointestinal issues, and life-altering consequences as heroin is illegal. There is also a significant risk of experiencing a heroin overdose, which can be fatal.

ReVIDA® Recovery has been providing quality opioid use disorder treatment for years. Their program features flexible outpatient therapy alongside MAT utilizing Suboxone. They have seen firsthand how beneficial MAT can be and are proud to offer it to those working to find their recovery. They also offer same-day appointments so there is no wait for those wanting to start now.

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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