



## Rehab Investigates What Are Opioid Receptors

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Chattanooga, TN - ReVIDA® Recovery is a local rehab center that just published a blog investigating what are opioid receptors. Their program offers outpatient therapy and medication-assisted treatment to those in the Appalachian area.

Opioid receptors are classified as G protein-coupled receptors (GPCR). The responsibility of opioid receptors is to mediate responses to hormones, substances, and neurotransmitters. They are located in the brain stem, thalamus, cortex, dorsal horn of the spinal column, and in the gray matter of the brain. There are different types of opioid receptors that interact with the two different types of opioids - endogenous and exogenous. Endogenous opioids refer to neurotransmitters and hormones already within the body, such as endorphins and enkephalins. Exogenous opioids refer to outside introductions, such as ingesting morphine or fentanyl, the blog reads.

There are different types of opioid receptors. The mu receptors bind with endogenous opioids including beta-endorphin and endomorphin 1 and 2. The mu 1 receptor is responsible for dependence and the inability to feel pain. The mu 2 receptor has a role in euphoria, dependence, decreased respiration, and reduced peristalsis in the gastrointestinal tract. The mu 3 receptor causes the widening of the blood vessels, known as vasodilation. Kappa receptors bind to dynorphins A and B. This causes the inability to feel pain, increased

urination, and increased feelings of anxiety or dissatisfaction with life. Delta receptors contribute to the inability to feel pain and reduce peristalsis in the gastrointestinal tract. Nociceptin receptors bind to nociceptin/orphanin FQ reducing the ability to feel pain. However, in certain concentrations, these receptors can cause hypersensitivity to pain or an extreme response to pain. Lastly, zeta receptors are responsible for regulating developmental events in tissues and cells.

Opioid receptors are responsible for how the brain responds to the exogenous introduction of opioids. As the opioid receptors become accustomed to having substances such as fentanyl or morphine, they begin to alter the production of naturally occurring neurotransmitters. This leads to the disruption of normal functioning in scenarios such as experiencing pain, sex, eating, and mental health responses. Over time, opioid receptors only respond to exogenous opioids and forego endogenous opioids.

As exogenous opioids take over opioid receptors, it will take more to activate them and produce the same effects. This is referred to as building an opioid tolerance. Opioids can enter a person's life in different ways. They may have started with a prescription for codeine after back surgery but soon were taking it every day. Some may have tried heroin and found they liked it, leading to daily use. Others may have been exposed to fentanyl accidentally but continued to use it after the fact. No matter how someone began using opioids, the longer the use continues, the higher their tolerance will become. Opioid receptors will signal a need for opioids to be in the system, the blog continues.

As tolerance builds, dependence begins to form. This is where people without opioid use disorders lose understanding as they can't relate to what the person is going through. Opioid receptors naturally produce emotions and responses to uncomfortable sensations like pain but also pleasurable experiences like having sex or a delicious meal. External opioids take away those natural responses, and as tolerance builds, the person loses the ability to feel joy or stress relief naturally. They rely on morphine, heroin, or codeine to create these feelings within their mind. Between uses, those feelings go away, causing depression, lack of motivation, and even pain until they get another dose.

The cycle of opioid dependence is based on the opioid receptors triggering a need for the substance. However, this does not mean that opioid use disorder cannot be healed. With medication-assisted treatment, therapy, and skill-building classes, recovery from opioid use disorder is fully achievable.

ReVIDA® Recovery has been helping people heal from opioid use disorder for years. Their program is flexible and incorporates different models to provide a safe and healing environment. They believe in treating the whole person, not just opioid use disorder. Suboxone doctors, support staff, and therapists provide a supportive and respectful space to begin the journey of recovery.

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

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## ReVIDA® Recovery Chattanooga

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

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