Rehab Shares Gripping Details of Opioid Overdoses

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Knoxville, TN ? ReVIDA® Recovery is a local rehab that recently published a blog sharing the gripping details involved in opioid overdoses. Their program offers outpatient care along with options for Suboxone treatment.

?Opioids are substances that derive from the opium poppy plant. Some are natural such as morphine or codeine, while others are semi-synthetic (oxycodone) or fully synthetic (fentanyl). No matter how they are produced, all opioids can cause an overdose. An opioid overdose occurs when someone takes too much of any form and the body can no longer continue processing it, causing it to build up and begin shutting systems down. Opioid overdoses are a medical emergency and need to be addressed immediately as they are life-threatening,? the blog states.

Anyone can experience an opioid overdose no matter how long they have been taking them and how much. Certain factors can increase the risk of overdose, including returning to use after stopping opioids, mixing substances with opioids such as alcohol, those in the 18-25 and 65 and older age ranges, and underlying medical conditions, especially of the respiratory system.

Opioid overdoses have some distinct signs such as the death rattle, which is the sound of choking or snore-like gurgling coming from the person?s mouth and chest. Breathing is shallow and sometimes has

already stopped. Symptoms of opioid overdose include a bluish tint to the lips and fingertips on lighter-skinned people, a gray or ash tint on darker-skinned people, confusion, loss of consciousness, small, pinpoint pupils, erratic heart rate, and respiratory failure.

During an overdose, the body experiences many life-threatening complications. The body breathes naturally without thought because it is an involuntary process. Opioids work in the brain by decreasing the rate of involuntary respiration, causing hypoxia. This condition causes too little oxygen in the bloodstream to allow tissues to function. When oxygen is lacking in the blood, carbon dioxide builds up, known as hypercarbia. The longer hypercarbia and hypoxia occur together, the risk of permanent organ damage and death increases.

?The after-effects of a survived opioid overdose can be just as detrimental to the body and mind as the act itself. One of the biggest risks of opioid overdose is experiencing toxic brain injury. This happens when the brain is poisoned by chemicals or toxins and does not receive adequate oxygen. It can also happen from the brain being completely cut off from oxygen, like when breathing stops. It only takes four minutes for the brain to begin losing cells during this time, leading to damage. We only have one brain, and when the cells die, they do not regenerate. Toxic brain injury can be permanent and cause life-long side effects.

?The mental health effects after an overdose can be just as severe as the physical. Depression, anxiety, guilt, shame, irritability, and emotional pain are all common after an overdose. The person may feel down and guilty at first for experiencing the overdose in the first place. They may be irritable and anxious at the same time wondering where their next dose will come from. This is because, after an overdose, the person will be experiencing intense withdrawal symptoms, especially if they were revived with Narcan® (naloxone). They will feel nauseous and have flu-like symptoms including pain, which are unpleasant,? the blog continues.

The only guaranteed method to prevent an opioid overdose is to stop taking opioids. Those who find they can?t stop are urged to take precautions. Carry Narcan® (naloxone) at all times. Don?t take opioids alone, having other people around can help with safety. Carry a trusted family member or friend?s phone number around for quick calls if something goes wrong.

ReVIDA® Recovery has helped many to reclaim their lives from opioid use disorders. They believe in offering Suboxone as a treatment option because they have seen firsthand how it has helped many find success in recovery. With locations throughout Tennessee and Virginia, they service many areas and make getting help easier.

To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.
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For more information about ReVIDA® Recovery Knoxville, contact the company here:ReVIDA® Recovery KnoxvilleTonya Shelton865-633-0353generalinfo@revidarecovery.com2001 Highland AveKnoxville, TN 37916

ReVIDA® Recovery Knoxville

ReVIDA® Recovery promotes safe and healthy communities by empowering individuals to reclaim their lives from opioid use disorder.

Website: https://www.revidarecovery.com/locations/knoxville/?utm_campaign=pr&utm_medium=referral

Email: generalinfo@revidarecovery.com

Phone: 865-633-0353