Rehab Discusses Opioid and Benzodiazepine Use

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Newport, TN ? ReVIDA® Recovery is a local rehab that recently published an article warning about the dangers of mixing benzodiazepines and opioids. With locations throughout Tennessee and Virginia, they make it easy for locals to access quality care for opioid use disorder (OUD).

Benzodiazepines and opioids are both depressants. While opioids are prescribed to treat physical pain for both long and short-term conditions, benzodiazepines are used to treat multiple conditions including anxiety disorders, insomnia, seizures, and panic attacks. People using either of these medications could potentially develop a substance use disorder. Because they are both depressants, it is especially dangerous to use them in combination with each other.

?The appeal behind mixing benzodiazepines and opioids lies in the increase of certain effects. Opioids cause a rush of euphoria and pain relief while benzodiazepines cause a calming, sedative effect. When taken together, these effects are amplified. Some benzodiazepines such as Valium® (diazepam) have shown higher euphoric effects than other benzos such as Xanax® (alprazolam). This increases the appeal of mixing benzos and opioids, but it also increases the risks of dangerous interactions,? the article begins.

Opioids and benzodiazepines each have their own side effects. Common side effects of opioids include

constipation, euphoria, nausea, and slowed breathing. Benzodiazepines are known to cause confusion, unsteadiness, slurred speech, and relaxation. When taken together, the combination can cause overlapping side effects like dizziness, drowsiness, and difficulty breathing to intensify.

?Substance use disorders don?t form overnight, they come with prolonged, consistent use of the substance. Both opioids and benzodiazepines work in the brain by altering chemical interactions. Opioids bind to opioid receptors, activating the brain?s reward system. This occurs naturally from existing endorphins in the body that interact with the central nervous system. Opioids hijack this system, and eventually, the brain stops producing natural responses. When opioids are no longer present, the body sends signals that it needs more, triggering withdrawal.

Benzodiazepines can cause the same outcome. The medication affects GABA receptors and causes a release of dopamine, which is the reward chemical. Over time, benzos completely take over this system and can result in developing pathological behaviors and a physical need for the substance. Benzodiazepines become the only thing that makes the person feel good and also induce reckless behaviors. The person may not act like themselves when they are going through benzo withdrawal.

When two (or more) substance use disorders occur together, they can severely impact the person?s life. Their life will revolve around taking each substance to prevent benzo or opioid withdrawal. As the effects of each wear off, the person will continue to take more and continue the cycle of polysubstance use disorder,? the article continues.

When someone develops a polysubstance use disorder, such as with benzodiazepines and opioids, the risks are higher. Overdose becomes more likely. While naloxone can reverse an opioid overdose, there is no comparable over-the-counter solution for a benzodiazepine overdose. Anyone who experiences an overdose needs to seek medical attention immediately.

ReVIDA® Recovery has helped lots of people find success in recovery from opioid use disorders. Their program utilizes outpatient behavioral therapies in combination with Suboxone treatment, which they offer at all of their locations. ReVIDA® accepts commercial insurance in addition to Medicaid, further increasing access to quality care. Once patient care is established, they offer telehealth services as a convenience, especially for those who do not have access to transportation.

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

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For more information about ReVIDA® Recovery Newport, contact the company here:ReVIDA® Recovery

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ReVIDA® Recovery Newport

Our supportive and passionate staff is ready to help regardless of your past treatment experiences and at whatever stage of your opioid addiction treatment journey you are in.

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