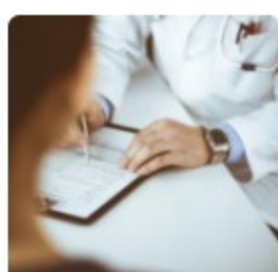


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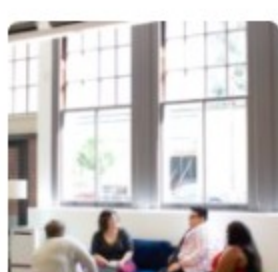
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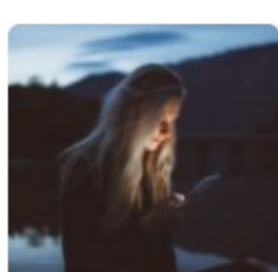
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## How Does It Feel To Have Withdrawal Symptoms From Drugs

Louisville Addiction Treatment Center - December 24, 2021

There are several reasons why those who are struggling with addiction may opt not to get treatment. One of the most common reasons is that they are hesitant to go through withdrawal.

Withdrawal symptoms are part of the recovery process. The symptoms experienced depend on the person's physiology, whether or not they have any co-occurring illnesses as well as the substance they were addicted to. How long they've used the substance also contributes to the severity of the withdrawal symptoms.

### Why Do Withdrawal Symptoms Occur?

When trying to understand withdrawal symptoms, we first have to understand how drugs affect the body. When taken, drugs and other addictive substances produce a high. This happens when they trigger the brain to produce more dopamine than normal. Eventually, the body comes to rely on the drug for normal functioning and an imbalance occurs when it's suddenly removed. This imbalance leads to the withdrawal symptoms that drug users experience when they suddenly stop taking drugs.

### Common Withdrawal Symptoms

It's important to remember that people are different and may show different withdrawal symptoms. The symptoms that an individual experiences may range from mild to severe and even life-threatening. For this reason, it's advisable for those battling an addiction to only detox under medical supervision to ensure that they safely go through withdrawal.

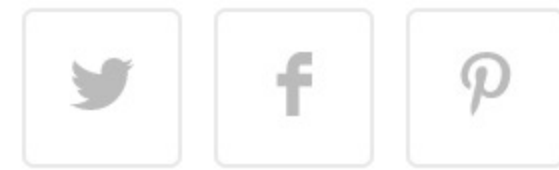
Here're some of the withdrawal symptoms commonly experienced:

- **Physical** – These are the most readily noticeable symptoms and include body shakes and sweats, tingling or numbness in the hands and feet, lethargy, fatigue, and muscle spasms.
- **Psychological** – These affect an individual's mood, wellbeing, and mental health. They include depression, anxiety, nervousness, hallucinations, delirium, and paranoia.
- **Behavioral** – Behavioral withdrawal symptoms affect how the individual interacts with others. This happens as a direct result of the discomfort brought about by other withdrawal symptoms. The individual could end up being irritable, become frustrated, or easily angered.
- **Sleep problems** – These include changes in the sleep pattern where the individual experiences nightmares, insomnia, sleeplessness, or interrupted sleep.
- **Gastrointestinal problems** – These include loss of appetite, nausea, vomiting, or stomach cramps.
- **Cognitive withdrawals symptoms** – This category of withdrawal symptoms is the most serious and could be life-threatening. They commonly occur in those taking opiates including heroin. Such people often experience extreme delusions, seizures, and hallucinations. These often appear so real that the individual is often in danger of hurting themselves.

### We Can Help

Here at [Impact Outpatient Program](#), we are dedicated to helping those struggling with addiction as well as their families. We offer a range of addiction treatment programs in Louisville, Kentucky including [intensive outpatient](#) and [outpatient treatment](#) programs. We also have a [telemedicine option](#) for those who can't make it to the rehab facility. We have ensured that our [admission process](#) is as simple and seamless as possible with same-day admissions available. So take the first step towards recovery by reaching out to us today.

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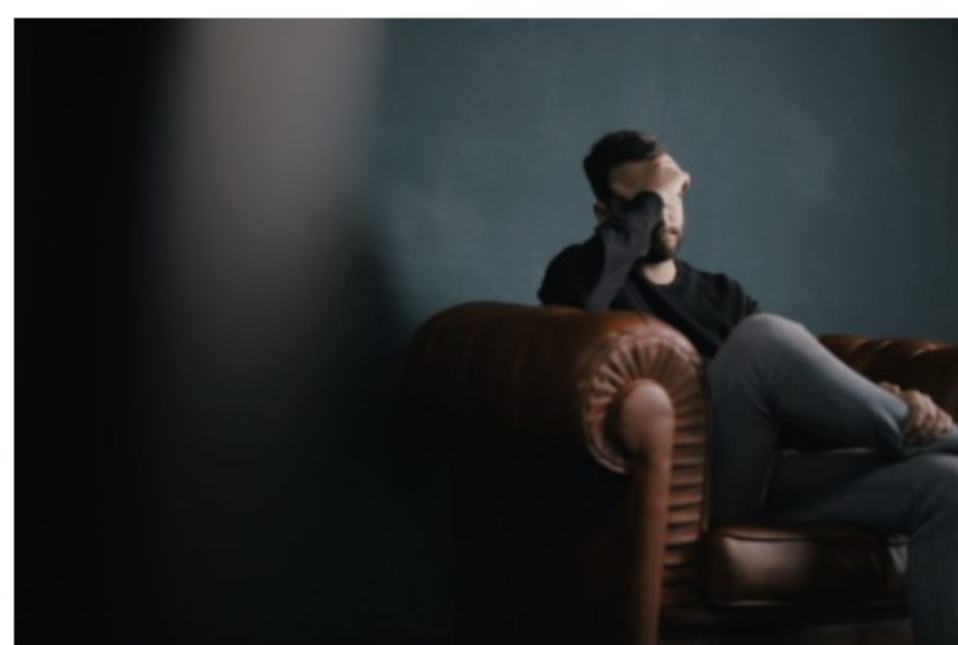


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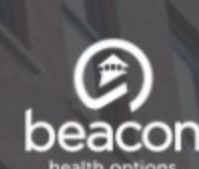
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