Opioid Withdrawal: Symptoms, Causes & Treatment

by Louisville Addiction Treatment Center | Nov 20, 2022

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Opioid addiction has become a serious problem in the United States. In this blog post, we will discuss the symptoms, causes, and treatment of opioid withdrawal. We will also provide information on how to get help for those who are struggling with opioid addiction.

Three Categories of Opioid Withdrawal Symptoms

Opioid withdrawal symptoms can be divided into three categories: **physical, psychological, and social**. Physical symptoms of opioid withdrawal include nausea, vomiting, diarrhea, abdominal cramping, muscle aches and pains, sweating, fever, chills, and runny nose.

Psychological symptoms include anxiety, irritability, depression, insomnia, anorexia (loss of appetite), and drug cravings. Social symptoms can include isolation from family and friends as well as financial problems.

Causes of Opioid Withdrawal

There are several factors that can contribute to the development of opioid withdrawal symptoms. These include:

-**Length of time taking opioids:** The longer someone has been taking opioids, the more likely they are to experience withdrawal symptoms when they stop.

-**Dosage:** Those who have been taking higher doses of opioids are also more likely to experience withdrawal symptoms.

-**Frequency of use:** Those who use opioids more frequently (e.g., multiple times per day) are also more likely to experience withdrawal symptoms.

-**Method of administration**: Those who take opioids intravenously (by injection) or via smoking are more likely to experience withdrawal symptoms than those who take them orally (by mouth).

-**Medical history**: Those with a history of substance abuse or mental health disorders are more likely to experience withdrawal symptoms.

-**Genetic factors**: Some people may be more susceptible to withdrawal symptoms due to genetic factors.

The severity of opioid withdrawal symptoms also depends on the above factors. For example, someone who has been taking opioids for a long time at high doses is more likely to experience severe withdrawal symptoms than someone who has only been taking them for a short time at low doses.

Treatment for Opioid Withdrawal

There are several treatment options available for those who are struggling with opioid withdrawal. These include:

-**Detoxification**: This is the first step in treating opioid addiction and involves removing the drug from the body. Detox can be done on an outpatient or inpatient basis, depending on the severity of withdrawal symptoms.

-**Medications:** There are several medications that can be used to help treat opioid withdrawal symptoms, including buprenorphine, methadone, and naltrexone.

-**Behavioral therapies:** Behavioral therapies, such as cognitive behavioral therapy (CBT), can also be helpful in treating opioid addiction. These therapies can help individuals learn new coping skills and ways to deal with stress and triggers.

-**Support groups:** Support groups, such as Narcotics Anonymous (NA), can also be beneficial for those struggling with opioid addiction. These groups provide support and assistance from other individuals who are going through the same thing.

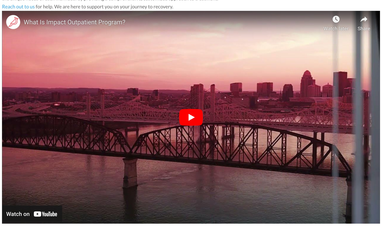
-**Intensive Outpatient And Outpatient:** These programs allow individuals to receive treatment while still living at home and attending school or work. Treatment typically consists of individual and group therapy, as well as other support services.

-**Telemed:** This newer option allows individuals to receive treatment via video conferencing. This can be helpful for those who live in rural areas or who have transportation issues.

-**Multiple Pathways Treatment:** This is an individualized treatment approach that uses a combination of the above treatments based on the needs of the individual.

No matter which treatment option you choose, it's important to remember that recovery is possible. With dedication and hard work, you can overcome opioid addiction and live a happy and healthy life.

Impact Outpatient Program is a one-of-a-kind outpatient drug and alcohol treatment center that offers a path to lasting, sustainable recovery. Our program is designed to meet the unique needs of each individual by providing a comprehensive, customized approach to treatment.
Reach out to us for help. We are here to support you on your journey to recovery.



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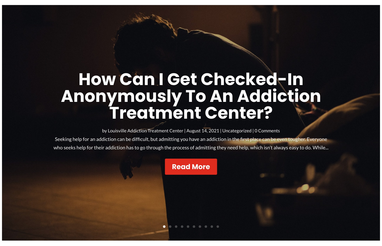

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Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

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