



DOCTOR DISCUSSION GUIDE

Managing an Opioid Addiction

It's important to seek professional help for an opioid addiction because it can take a serious toll on your life. Opioids are often prescribed for pain relief but, over time, the body can develop dependence on them, causing an opioid addiction. But not everyone with an opioid addiction takes prescription medication. Some street drugs are opioids that serve no medicinal purpose.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Opioid	One of a group of drugs that produce relaxation, pleasure, and pain relief. Opioids can be addictive and potentially deadly due to overdose.
Addiction	A repeated activity that causes harm to oneself or others (such as an addiction to alcohol, drugs, or gambling).
Epidemic	An increase in the number of people affected by a condition that surpasses what is normally expected for the population.
Overdose	A lethal or toxic amount of a drug.
Buprenorphine	An opioid medication used to treat opioid addiction.
Hydrocodone	An opioid drug that is used as a painkiller and is prescribed by physicians for moderate to severe pain.
Medication-assisted treatment	A prescription that is used to help people reduce or quit their use of heroin or other opiates.
Methadone	An opioid drug that is made in laboratories. It is commonly used to treat addiction to heroin and other opioids.
Naloxene	An emergency medication used to reverse the effects of an opioid overdose and restore breathing. If it is used quickly enough, naloxene can prevent a person from dying of an overdose.
Suboxone	A drug that may be prescribed to decrease cravings and withdrawal symptoms associated with opioid addiction. It's comprised of Buprenorphine and Naloxone.



Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage your ADHD.

About Symptoms

- What are the signs of an opioid addiction?
- Can I still be addicted even if I'm taking my prescription as prescribed?
- What's the difference between opioid use, misuse, and addiction?

About Causes & Risk Factors

- How does an opioid addiction develop?
- Is there something that put me at high risk for developing an opioid addiction?
- Does having an opioid addiction put me at risk for other physical or mental health problems?

About Diagnosis

- How is an opioid addiction diagnosed?
- Are there lab tests that can tell if I have a problem?
- Will being diagnosed with an opioid addiction affect my life?
- Do I have any mental health conditions contributing to my opioid addiction?

About Treatment

- How is an opioid addiction treated?
- Do I need inpatient treatment?
- Will I experience withdrawal symptoms?
- Could methadone help me?
- Should I see a therapist?
- Should my loved ones be involved in my treatment?
- What can I realistically expect from treatment?
