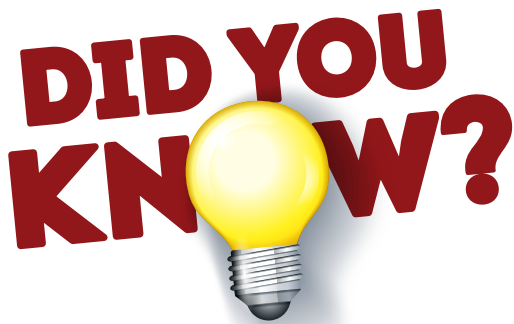




# Do you Know the Truth About Opioid Use Disorder?



Get informed. Learn the facts.

Common opioids include:

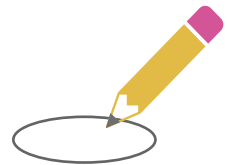
- Hydrocodone
- Oxycodone
- Morphine
- Fentanyl
- Codeine
- Tramadol
- Oxymorphone
- Hydromorphone
- Kratom
- Heroin

## Let's test what you know

Please circle either **TRUE** or **FALSE** to test what you know.

1. If opioids are taken for pain it is not possible to become dependent on them.

✓ **TRUE** or ✗ **FALSE**



2. Only non-prescribed or illegal opioids, like heroin and fentanyl, can cause opioid use disorder.

✓ **TRUE** or ✗ **FALSE**

3. Developing opioid use disorder is a choice.

✓ **TRUE** or ✗ **FALSE**

4. The best, life-saving treatments for opioid use disorder are methadone, buprenorphine, and injectable, extended-release naltrexone.

✓ **TRUE** or ✗ **FALSE**

5. People with opioid use disorder will never recover.

✓ **TRUE** or ✗ **FALSE**

Check your answers in the "Check Your Answers" section.

# What is opioid use disorder?

Opioid use disorder **develops over time** and is not a choice or weakness.

It is a **brain disorder** that needs treatment, just like other diseases such as diabetes and high blood pressure.



## Signs of possible opioid use disorder:

- **Craving** or a strong urge to use opioids
- **Difficulty** with work, relationships, activities because of opioid use
- **Hard to reduce opioid use** even when it causes harm, such as after an overdose

Opioids can cause physical dependence, leading to withdrawal symptoms if stopped abruptly. However, dependence does not necessarily indicate opioid use disorder.

Talk to your health care team if you have concerns about you or a loved one. Ask your health care team about treatment options.



## Treatment works

Ask your health care team about using medicine to reduce or stop opioid use. Medicine also reduces the risk of dying from an overdose or any other cause.

### Four different medicines can treat opioid use disorder.

- ✓ Buprenorphine/naloxone (Suboxone®)
- ✓ Methadone
- ✓ Buprenorphine injection (Brixadi® and Sublocade®)
- ✓ Naltrexone injection (Vivitrol®)

### Behavioral support

Taking medicine is one part of your treatment. Attending talk therapy, mutual help groups, or peer support groups can help you engage in treatment and support your recovery. <https://www.mentalhealth.va.gov/substance-use/treatment.asp>



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**Work with your health care team to find the right treatment options for you.**

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## Healthy change is possible.

A recurrence of opioid use does not mean treatment has failed. Reach out to your VA health care team to discuss possible changes to your treatment plan.

## Check your answers

Here are answers to the quiz from the first page.

1. **FALSE.** If opioids are taken for pain it is possible to become dependent on them. This does not mean you have opioid use disorder. It does not matter if you are taking them for pain or for other reasons. You can get used to them even if your health care team prescribes them.
2. **FALSE.** Any opioid (prescribed or illegal) can cause someone to develop opioid use disorder.
3. **FALSE.** Opioid use disorder is not a choice. It is a brain disease that needs treatment, just like other diseases such as diabetes or high blood pressure.
4. **TRUE.** Effective life-saving treatment is available. For most patients, treatment with medicine is best. Medicine helps people engage in other forms of treatment such as peer-support groups and counseling.
5. **FALSE.** People with opioid use disorder can recover and live full and productive lives.

## What can you do if you are concerned about opioid use?

### Talk to your health care team.

- ✓ Discuss any concerns about opioid dependence or opioid use disorder.
- ✓ Find out about the benefits of treatment.
- ✓ Ask about the risks of accidental overdose and your options for receiving opioid overdose education and naloxone, a medication to reverse opioid overdoses.



**Recovery is possible.**

Ask your VA health care team for help.

**Veteran's Crisis Line:**

**Dial 988 then Press 1**



**VA Substance Use Disorder  
Program Locator**

<https://www.va.gov/directory/guide/SUD.asp>



Contact info:

**VA**



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
PBM Academic Detailing Services