



Do you Know the Truth About Opioid Use Disorder?

**Get informed. Learn the facts, if you
or someone you know uses opioids.**

Common opioids include:

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

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
PBM Academic Detailing Service

Let's test what you know

Please select 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. Heroin is the only opioid that can cause opioid use disorder.

✓ **TRUE** or ✗ **FALSE**

3. Developing opioid use disorder is a choice.

✓ **TRUE** or ✗ **FALSE**

4. The only effective treatment for opioid use disorder is stopping all opioid use.

✓ **TRUE** or ✗ **FALSE**

5. People with opioid use disorder will never recover.

✓ **TRUE** or ✗ **FALSE**

Check your answers on the back panel.

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
- Hard to control opioid use** even when it causes harm, such as after an overdose

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



Treatment works

Ask your provider about using medication as part of your treatment plan.

Three different medications can treat opioid use disorder.

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

Behavioral support

Taking medications is one part of your treatment. Attending mutual help groups or peer support groups such as Narcotics Anonymous or SMART Recovery can help you engage in treatment and support your recovery.



Work with your provider to find the right treatment options for you.

Recovery is possible.

A return to opioid use (or relapse) does not mean treatment has failed.

Reach out to your VA provider to discuss possible changes to your treatment plan.

Check your answers

Here are answers to the quiz on the inside left of this brochure.

- 1. FALSE. Your body gets used to the opioids the longer you take them.**
It does not matter if you are taking them for pain or for other reasons. You can get used to them even if your provider prescribes them.
- 2. FALSE. Any opioid 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. FALSE. Effective treatment is available.**
For most patients, medication treatment is best. Medication helps patients 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 provider.

- ✓ Ask if there are safer ways to manage pain.
- ✓ 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.



Recovery is possible.

Ask your VA provider for help.

Veteran's Crisis Line:
1-800-273-TALK (8255)
or Text 838255

Contact info:

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