

OPIOIDS

What are opioids?

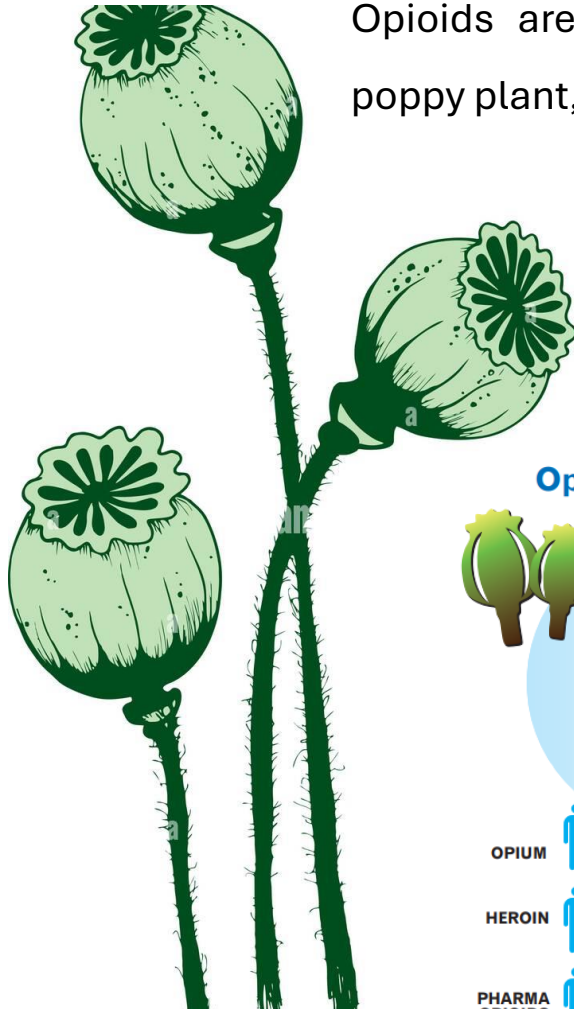
Opioids are natural or synthetic drugs derived from the poppy plant, used for medicinal and recreational purposes

Types of Opioids

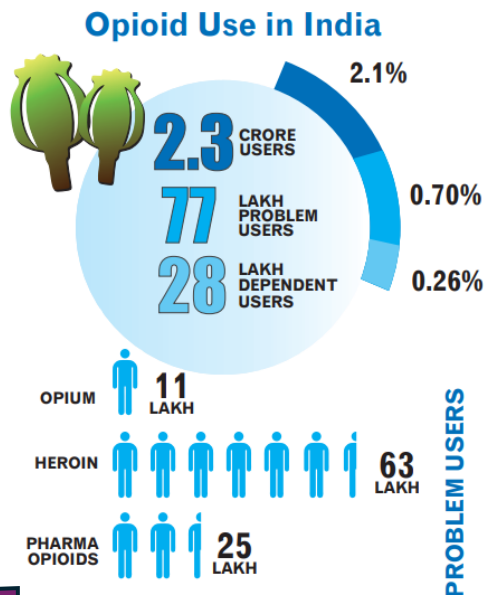
Natural : Opium, Morphine and codeine

Semi-synthetic: Heroin

Synthetic: Pethidine, Methadone,



Poppy Plant



How does it cause addiction?

1. Opioids makes specific changes in the brain chemical balance
2. Person gets pleasure after use, by using repeatedly and one get hooked

How do Opioids act on a body?

1. Attach to specific receptors
2. Block pain sensation
3. Cause drowsiness, nausea, and constipation
4. Can depress breathing in high doses
5. Can produce a feeling of euphoria

Signs of intoxication

1. A warm flushing of the skin, dry mouth
2. Heavy wakeful and drowsy state
3. Becoming confused with higher doses
4. Acute overdose can cause death from respiratory depression

How to say “No”?

1. Say no thanks
2. Give a reason facts or excuse
3. Walk away
4. Change the subject
5. Use humor
6. Repeated refusal (keep saying no)
7. Ignore (avoid direct confrontation)
8. Avoid the situation
9. Strength in numbers (stay with good number of people who do not use drug)

Signs of withdrawal

1. Watering from the eyes
2. Loose stools
3. Pain in the abdomen
4. Strange feeling in the skin
5. Sadness of mood
6. Sleep reeducation
7. Body pain and vomiting

Where to seek help?

1. Visit to dept of Psychiatry
2. Tele Manas, 14416 for 24/7, free help (confidential)
3. E-sanjeevani:
esanjeevani.mohfw.gov.in for online free consultation

Medical problems due to opioids use

1. Overdose can be fatal.
2. Chronic use can cause collapsed veins.
3. Risk of heart infections.
4. Can lead to liver disease.
5. Increases the risk of pneumonia.
6. Sharing needles can transmit AIDS and Hepatitis.
7. Severe scarring from intramuscular injections.
8. Intravenous injection can cause heart infections

