

## **Mayo Clinic Minute**

### **Facts about the opioid epidemic**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	What exactly is the opioid epidemic? Is it about prescription drugs or heroin?
<b>Michael Hooten, M.D.</b> <b>Anesthesiology</b> <b>Mayo Clinic</b>	“It’s a combination of both problems.”
<b>Vivien Williams</b>	Dr. Michael Hooten says back in the mid- to late 1990s ...
<b>Michael Hooten, M.D.</b>	“Opioids were being recommended to treat chronic pain. The problems associated with long-term opioid use include, probably the most important is, addiction to the medication.”
<b>Vivien Williams</b>	Today, the term for opioid addiction is “opioid use disorder.”
<b>Michael Hooten, M.D.</b>	“Symptoms of opioid use disorder include, primarily, an increasing preoccupation with the medications. So individuals will start organizing their lives and organizing their daily structure around taking that particular medication.”
<b>Vivien Williams</b>	And for some struggling with severe addiction, if they can’t get medication from their health care providers, they may turn to heroin. But you can break an opioid addiction.
<b>Michael Hooten, M.D.</b>	“There are other nonopioid medications that can be helpful. There are other behavioral interventions that can help individuals learn to manage and cope with pain.”
	For the Mayo Clinic News Network, I’m

Vivien Williams.