



Substance Use Disorder: An Overview

Substance use disorder (SUD) is a disease that affects a person's brain and behavior and can lead to the inability to control their use of legal or illegal drugs or medicine.¹ The most common illegal substances used are marijuana, heroin, cocaine, and methamphetamine.

SUD may also be the risky or harmful use of legal substances such as alcohol, nicotine or prescription medicines.² Alcohol is the most common legal drug used in a harmful manner.²

In the U.S., 40 million people are currently living with SUD, and 70% of people with addictions are in the workforce. Only about 10% of these individuals access treatment, due to things such as access to care (out-of-network providers, long wait times, and limited capacity), cost of inpatient and outpatient treatments, and high recidivism rates. Unfortunately, traditional employee assistance programs are not designed to treat addiction.

When an individual seeks treatment, it may come in several forms, including cognitive behavioral therapy, counseling, medications, remote monitoring, and social support. Holistic therapy can also aid in recovery.³ A few of these complementary therapies are:



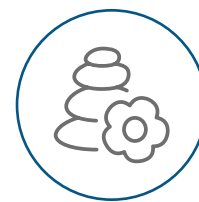
Exercise



Mediation



Yoga



Massage

Physician-led clinical care and prevention are the best ways to reduce the risk of drug addiction. Contact your healthcare provider about precautions if you are prescribed a drug that's potentially addictive in nature, or if you are concerned with your behavior or think you may have a substance use disorder.

Sources:

¹ [mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112](https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112)

² [hopkinsmedicine.org/health/conditions-and-diseases/substance-abuse-chemical-dependency](https://www.hopkinsmedicine.org/health/conditions-and-diseases/substance-abuse-chemical-dependency)

³ [americanaddictioncenters.org/therapy-treatment](https://www.americanaddictioncenters.org/therapy-treatment)