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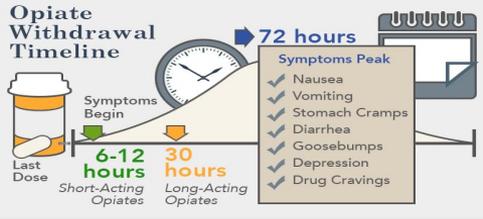
# How is Cannabidiol (CBD oil) effective in treating opioid addiction?

Kalie Creasy



## Introduction

Opioid overdose and addiction are a very prominent occurrence in the United States. Over the past 20 years, more than 800,000 people have died in the United States due to drug overdose (Hurd, 2020). Opioid addiction has taken more lives than that of all of the wars the United States has fought in. This poster is being used to advocate for those who have lost their lives to opioid overdose, and those who know someone who has lost their life due to this illness. The current treatment for opioid overdose is the use of methadone, or other opioid medications. The newest method of treatment being used is that of Cannabidiol (CBD oil). CBD oil has been proven to decrease withdrawal effects, as well as the anxiety that accompanies it.



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## Discussion

- The purpose of this research is to evaluate the effectiveness of CBD
- oil related to the effects of opioid addiction and the withdrawal symptoms associated with such.
- CBD oil has the ability to reduce the cravings and anxiety associated with opioid use disorder and withdrawal symptoms.
- The current treatment method, Methadone, has been identified as an important contributor to the rise of opioid-related overdose deaths (Jones et al., 2016).
- Symptoms of opioid withdrawal include lacrimation of rhinorrhea, diarrhea, nausea, vomiting, photophobia, insomnia, and yawning (Shah, 2020).

## Methods

For this research project, I used scholarly sources from Longwood University's Library Database, CINAHL. I was able to gather appropriate and accurate information regarding the topic at hand. Another method that was used, was the TED Talk from Yasmin Hurd, "Could CBD help opioid users overcome addiction?" These methods were efficient, scholarly, and beneficial in regards to gathering information that relates specifically to the benefits of CBD oil and the disadvantages of using methadone and other opioids as treatment methods.

## Results

- CBD has been found to reduce the cravings triggered by environmental cues in human heroin users (Hurd, 2020).
- "Significant declines in methadone overdose deaths and diversion reports strongly correlate with reduced amounts of methadone used for pain" (Jones et al., 2016).
- "CBD continued to decrease craving and anxiety even a week following its final use. Prolonged efficacy is beneficial for people taking any medication" (Hurd, 2020).
- "A successful non-opioid medication (CBD) would add significantly to the existing addiction medication toolbox to help reduce the growing death toll, enormous health care costs, and treatment limitations" (Hurd, 2020).



## Conclusion & Implications for Future Research

In conclusion, there has been profound evidence relating to the effectiveness of CBD oil used to treat opioid addiction. Cannabidiol (CBD) has been found to reduce the cravings and anxiety associated with opioid use disorder and withdrawal symptoms. By reducing the use of methadone and increasing the use of CBD oil, there have been less deaths overall, as well as less deaths relating to the treatment method used. Although there have been consistent positive results regarding the use of CBD oil for opioid addiction, it is important that further research is conducted. Since this is a newer topic in the medical industry, it is important to conduct larger clinical trials.



## References

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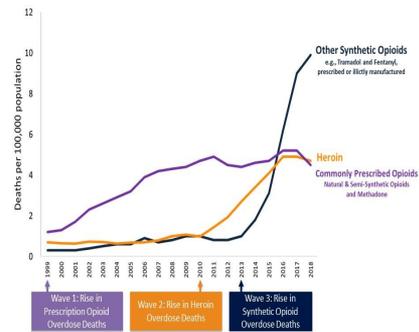
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## 3 Waves of the Rise in Opioid Overdose Deaths



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