

## “Medications for Opioid Use Disorder (MOUD)”

### Episode Overview

In this episode, I introduce Season 13 of the Aced It! podcast and set the stage for our focus on prevention, treatment, and recovery. I dive into medications for opioid use disorder (MOUD), explaining what these treatments are, how they work, and why they matter. I walk through the evidence behind the use of methadone, buprenorphine, and naltrexone, highlight common myths and misconceptions, and discuss what research tells us about MOUD’s lifesaving potential. I examine the personal and structural challenges people experience in treatment and reflect on our collective responsibility to support recovery.



- MOUD uses three FDA-approved medications – methadone, buprenorphine, and naltrexone – to treat opioid use disorder by reducing withdrawal symptoms, cravings, or the effects of opioids.
- A Massachusetts study of over 17,000 overdose survivors found that people who received methadone or buprenorphine were significantly less likely to die from opioids compared with those who received no treatment.

### TAKEAWAYS

- ✓ MOUD works best when combined with counseling and support.
- ✓ Myths and stigma still prevent many people from accessing effective treatment.
- ✓ Improving access and reducing stigma are key to saving lives.

## References & Future Reading

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