

“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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