

BENZODIAZEPINES

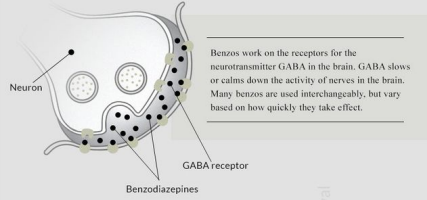
Benzodiazepines are a class of drugs used to treat both mental and physical conditions. Many people have taken them for anxiety, either in everyday life or in hospital situations. But benzos are also abused and can be addictive.

WHAT ARE BENZOS?

Anti-anxiety prescription drugs used to treat:

- | | |
|---|--|
| <ul style="list-style-type: none"> Anxiety and panic attacks Seizures Insomnia General anesthesia Depression | <ul style="list-style-type: none"> Sedation before surgery or procedure Muscle relaxation Alcohol withdrawal Nausea and vomiting |
|---|--|

How Do Benzos Work?



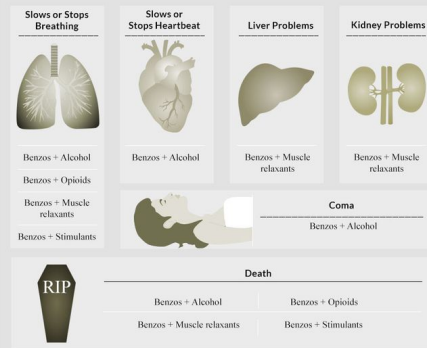
Common Benzos and Uses

| | |
|---|--------------------------------------|
| Xanax, Valium, Ativan, Klonopin Anxiety disorders | Ativan, Valium Anesthesia |
| Klonopin, Tranxene, Valium Seizures | Valium Muscle relaxation |
| Doral, Restoril, Halcion Insomnia | Librium Alcohol withdrawal |

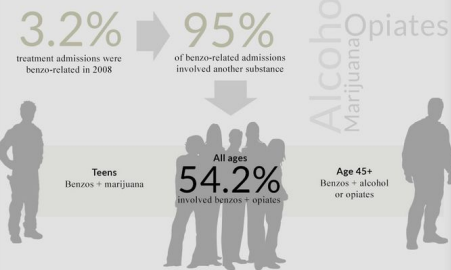
Insomnia
Anxiety Disorders
Alcohol Withdrawal
Seizures
Muscle Relaxation
Anesthesia

Dangerous Combinations

Benzos that are safe when taken as prescribed can be deadly when mixed.



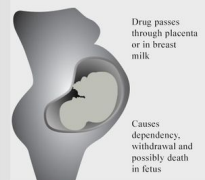
Benzo Abuse and Treatment



Effects of Benzos on Driving

| | | |
|-------------------------|------------------------|--------------------------------------|
| Decreases Reaction Time | Judgment | Cognitive Ability |
| Alertness | Decision-Making Skills | Increases Tiredness and Sluggishness |
| Attention Span | Hand-eye Coordination | |

Benzos & Pregnancy



Benzo Withdrawal

Benzos should be tapered off slowly. Stopping benzos abruptly, even when taken as prescribed, can cause withdrawal symptoms.

- Agitation
 - Insomnia
 - Seizures
 - Muscle cramps
 - Vomiting
- Insomnia
Muscle Cramps
Seizures
Agitation

Treatment for Benzo Addiction

Detox (Do NOT stop taking benzos abruptly)

Addiction rehab

Aftercare treatment

Sources:
<http://www.relat.com/scripts/main.asp?fileid=978664>
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