

Are You Taking A Benzodiazepine?



Xanax (Alprazolam) | **Klonopin** (Clonazepam) | **Valium** (Diazepam)

[Others: **Ativan** (Lorazepam), **Restoril** (Temazepam)]

What's the Issue?

Many take a single dose of benzodiazepine (BZD), such as Xanax, perhaps during a long plane flight or dental visit. However, prescribing guidelines advise against taking BZDs long term (past 2-4 weeks), due to **Risks** and potential **Harms!**

BZDs and Z-Drugs (“sleeping pills,” like Ambien) are routinely prescribed for anxiety, stress, insomnia, and other problems in spite of evidence that these drugs are **Not** as **Safe** as they were marketed to be! Medical professionals lack education regarding current findings and continue long-term overprescribing without providing patients informed consent about risks/dangers.

Information from the pharmacy! E.g., Ativan’s label states, “*In general, [BZDs] should be prescribed for short periods only (e.g., 2-4 weeks)...Continued long-term use is not recommended where withdrawal symptoms can appear following cessation of the recommended dose after as little as one week of therapy.*”

What You Need to Know

- You do not have to abuse BZDs to be sickened by this medication.
- It is **Dangerous to Stop** (Cold Turkey) or **Taper** (wean) too **rapidly** after long-term usage; this can result in **seizures, psychosis, severe withdrawal**, even **suicide**.
- Symptoms can cause or worsen insomnia, anxiety, depression, panic, agoraphobia, aggression, etc. due to a phenomenon called “tolerance.”
- A combination of BZDs & other prescription drugs, alcohol, opiates can be **Deadly**.
- Your prescriber may be ill-informed about physical dependence, slow tapering protocols, and withdrawal. Our website offers essential resources and information.



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