

# BENZODIAZEPINES

## “BENZOS”

### What are Benzodiazepines?

Benzodiazepines, commonly known as “Benzos” are drugs used to slow down the activity of the central nervous system, and the messages travelling between the brain and the body.

Also known as minor tranquilizers, benzodiazepines are most commonly prescribed by doctors to relieve stress and anxiety and to help people sleep. However, there is increasing concern about the risks of using these drugs, especially for an extended period of time.



### Commonly Prescribed Benzodiazepines

- Xanax
- Ativan
- Valium
- Klonopin

### Slang Names

- Benzos
- Tranx
- Sleepers
- Xannies

### Side Effects of Benzodiazepines

- Depression
- Anxiety
- Confusion
- Feelings of Isolation
- Headaches
- Dry Mouth
- Drowsiness
- Slurred Speech
- Blurred Vision
- Nausea
- Constipation
- Dizziness
- Addiction
- Skin Rashes

## OVERDOSE CAN HAPPEN WITH BENZODIAZEPINE USE

Benzodiazepines are often misused by combining with Alcohol and Opioids. Mixing two depressants highly increases the likelihood of an overdose.



### SYMPTOMS OF OVERDOSE

- Respiratory Arrest
- Slow Shallow Or Stopped Breath
- Cool Clammy Skin
- Unconsciousness
- Blue Tint Around Lips Or Ears

**Consult with your Doctor or Pharmacist about the risks associated with use before beginning any medication.**

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