

Benzodiazepine: The Realistic Side Effects of Using

by Robert Alexander Center | Jan 19, 2022 | Blog | 0 comments



The most popular benzodiazepine on the market is Xanax. Once people hear that word, they immediately know what the drug is and what it is used for. Benzodiazepine helps calm a person's mind so they can sleep, perform daily life duties, and be around other people without going into an anxiety attack. Most of the people who take benzodiazepine have Generalized Anxiety Disorder.

Many would look at the drug and think it is helpful because it does such great things for someone who is struggling. In reality, every drug can have negative side effects. With prescribed drugs, many people don't worry about them because they are legal, but you must always pay attention to potential misuse and problems. Here are some realistic side effects of using benzodiazepine.

What Should I Look Out For?

The number one side effect of benzodiazepine is dizziness. Because the drug has such a calming effect on the mind if someone is using too much of the drug they will become too calm and can start to feel dizzy. If you notice someone is wandering while they walk or is having a hard time focusing their eyes because the room is spinning around them, they may be abusing benzodiazepine.

Are Some Side Effects Hard To Notice?

Yes. One of the main side effects of benzodiazepine is drowsiness. Drowsiness is something we all experience and is nothing out of the ordinary. We all get tired in the middle of the day, or we all don't sleep well and are tired throughout the day, so many people aren't alarmed by drowsiness.

Be on the lookout for chronic drowsiness that stops a person from being able to function normally or be able to drive, walk, or keep appointments. Those are signs that something more serious is happening. Also be on the lookout for slurred speech, forgetfulness, and inability to walk properly. These are all signs that someone is overmedicated on this drug and their body is slipping into an excessive state of relaxation.

What Can I Do To Help?

Seek [treatment](#) for your loved one. Although you can't force a loved one into [detoxification](#), you can give them the information they need to seek it for themselves. It will be a difficult conversation to have with them because there is an element of defensiveness that happens when someone who is dealing with addiction faces their problems, but step one is communicating what you are seeing.

How Do I Convince My Loved One To Get Help?

Many people are afraid to go away for treatment and be alone. Let your loved one know there are plenty of [outpatient programs](#) available as well as [intensive outpatient programs](#) that will immerse the patient in a situation where they are supported, never judged, and in a program is tailor-made to their needs so they can get help without leaving home.

Contact Robert Alexander Treatment Center today to find out how you can save the life of someone you love.

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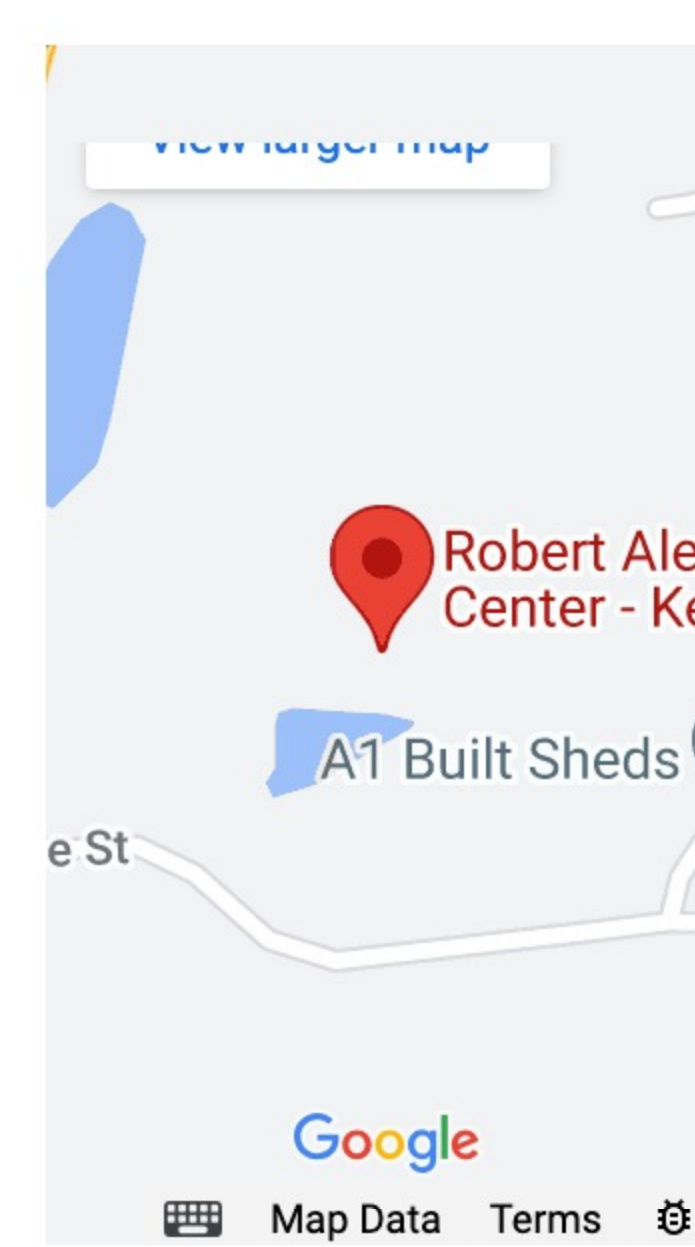
- [Home](#)
- [Tour](#)
- [About](#)
- [Admissions](#)
- [Blog](#)
- [Privacy Policy](#)

Treatment Solutions

- [Detoxification](#)
- [Residential](#)
- [Partial Hospitalization](#)
- [Outpatient Programs](#)
- [Aftercare & Alumni](#)

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- [Alcohol Abuse](#)
- [Opioid Addiction](#)
- [Heroin Addiction](#)
- [Benzo Addiction](#)
- [Cocaine Addiction](#)
- [Crystal Meth Addiction](#)
- [Drug Addiction](#)
- [Alcoholism](#)

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- [About](#)
- [Media & Videos](#)
- [Last Articles](#)
- [Careers](#)

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- [Louisville, Kentucky](#)
- [Lexington, Kentucky](#)
- [Bowling Green, Kentucky](#)
- [Corbin, Kentucky](#)
- [Richmond, Kentucky](#)
- [Cincinnati, Ohio](#)
- [Nashville, Tennessee](#)

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- [Men](#)
- [Women](#)
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- [LGBTQIA+](#)
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- [30 Day Drug Rehab Program](#)
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- Home
- Tour
- Treatment
 - Detox
 - Residential
 - Partial Hospitalization
 - Intensive Outpatient
 - Outpatient
 - Family Program
 - Aftercare Program
- Reviews
- About
- Admissions