

# What is Xanax?

by Robert Alexander Center | Aug 25, 2022 | Blog | 0 comments



Xanax is one of the top prescribed medications in history. Xanax is a prescription medication, also known as Alprazolam. This medication falls into the Benzodiazepine class of drugs and acts similar to a sedative.

It is estimated that there are 44 million Xanax prescriptions written each year. This is a significant amount of the medication, which raises concern about the availability for abuse. Research from 2013 showed that Benzodiazepines were involved in 30% of the overdose deaths that occurred in the United States.

## What is Xanax Used to Treat?

Xanax is commonly used to treat anxiety disorders such as, Generalized Anxiety Disorder and Panic Disorder. It is possible to take Xanax as prescribed and not abuse it.

Once Xanax enters your bloodstream, it has a depressive effect on your Central Nervous System (CNS). Our CNS regulates important body functions including our heart rate, breathing, blood pressure, and our body temperature. Since it acts as a depressant on the CNS, the effects of Xanax resemble the effects of alcohol.

When it comes to treating anxiety, Xanax works by giving a boost to a naturally occurring acid called GABA. GABA works by trying to calm our brain down when it becomes unbalanced from anxiety symptoms.

Common side effects associated with Xanax include drowsiness, decreased libido, fatigue, and depressive symptoms. Similar to other prescription medications, a common concern associated with Xanax is the risk of an overdose.

The FDA strongly advises against combining Xanax with opioids for fear of overdosing. Since Xanax works as a depressant, it can slow down the bodily functions associated with the CNS to dangerously low levels that could lead to a coma and death.

## Can Xanax Be Addictive?

A common concern that arises when someone has been prescribed Xanax, is the development of an addiction. Abusing your prescription could look like taking a higher dose than directed, or taking it with the intention of getting high.

Xanax can lead to feelings of calmness and peace, which can be an addictive feeling for some individuals. This experience can make a person want to use the medication again to reach the same effect, which would count as abusing the prescription.

Xanax is not designed to be taken long-term. Because of this, individuals who are given a Xanax prescription are often encouraged to engage in other mental health treatments to learn how to manage their anxiety symptoms in a healthier manner. The development of tolerance makes the risks associated with an overdose more concerning because it is a sign of physical dependence.

## What are the Symptoms of Xanax Abuse?

Xanax abuse can occur whenever a person is using Xanax in a way that was not prescribed. This could mean they do not have a prescription, take too much at once, or do not follow the schedule for taking the medication. This would lead to the individual running out of their prescription early. Some will attempt to get another prescription from another doctor, while others will purchase some illegally.

Someone who is abusing Xanax will have behaviors similar to individuals who are abusing other substances. They may appear distracted which can take away from their friendships, time with family, work, and other responsibilities. An individual may be irritable when they are beginning to have the effects of Xanax wear off.

Developing a tolerance to Xanax does not necessarily mean that the individual is abusing their prescription, however, tolerance is often associated with physical dependence. The physical dependence on Xanax will lead to withdrawal when the person stops using it. If someone is physically dependent on Xanax, it is important they do not attempt to detox without medical supervision. Xanax withdrawal is known to lead to seizures and death when left untreated.

Having a history of overdose is a concerning sign of Xanax abuse. An overdose can occur when someone ingests too much of the medication. Symptoms associated with a Xanax overdose include confusion, loss of balance, drowsiness, inability to remain awake, slowed breathing, and unresponsiveness. Unlike an opioid overdose, there is no medication that can be used to reverse the effects of a Xanax overdose. Opioids and Benzodiazepines impact different neurotransmitters in our brains. Which is why Narcan wouldn't have an impact on a Xanax overdose.

## What to Look for in a Xanax Addiction Treatment Center in Kentucky

If you have found yourself looking for Xanax addiction treatment in Kentucky, there are a variety of factors that you will want to take into consideration. One concern that many individuals have is the cost. To learn more about what you would be financially responsible for, call your insurance provider to ask for more information about your plan.

A [Kentucky Xanax detox program](#) will provide you with 24/7 medical supervision. This can give you and your loved one's peace of mind that you are being closely monitored while you withdraw. Ideally, you will stay at the same facility for your inpatient rehab.

Your [inpatient rehab program](#) will provide you with a variety of treatment approaches including group therapy, individual therapy, and psychoeducational groups. You will learn relapse prevention skills and talk about specific concerns you have. If you have any other mental health concerns such as anxiety, depression, and trauma, you will want to ensure that your chosen facility is able to provide treatment for that as well.

You will likely receive a recommendation for continued treatment when you complete your inpatient rehab program. This could include a Partial Hospitalization Program, Intensive Outpatient Program, and Outpatient treatment programs.

## RAC Provides Kentucky Addiction Treatment for Xanax Abuse

The [Robert Alexander Center for Recovery](#) is an addiction treatment facility located in Mt. Washington, KY. We are able to provide you with a Xanax detox that is monitored by medical staff. We understand this is an uncomfortable process. We will work to support you.

After you have detoxed, you can then move on to our inpatient addiction program, which will be tailored to your own specific needs. This can vary from 30 to 90 days. If you have additional mental health treatment concerns, we will make sure you receive the necessary treatment.

Additionally, we offer a Partial Hospitalization Program, Intensive Outpatient Program, Outpatient Treatment, and a Family Therapy Program. We are an inclusive treatment program that prides ourselves on our compassionate and caring treatment. To learn more, call (844) 328-8406 to speak with a representative, today.

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The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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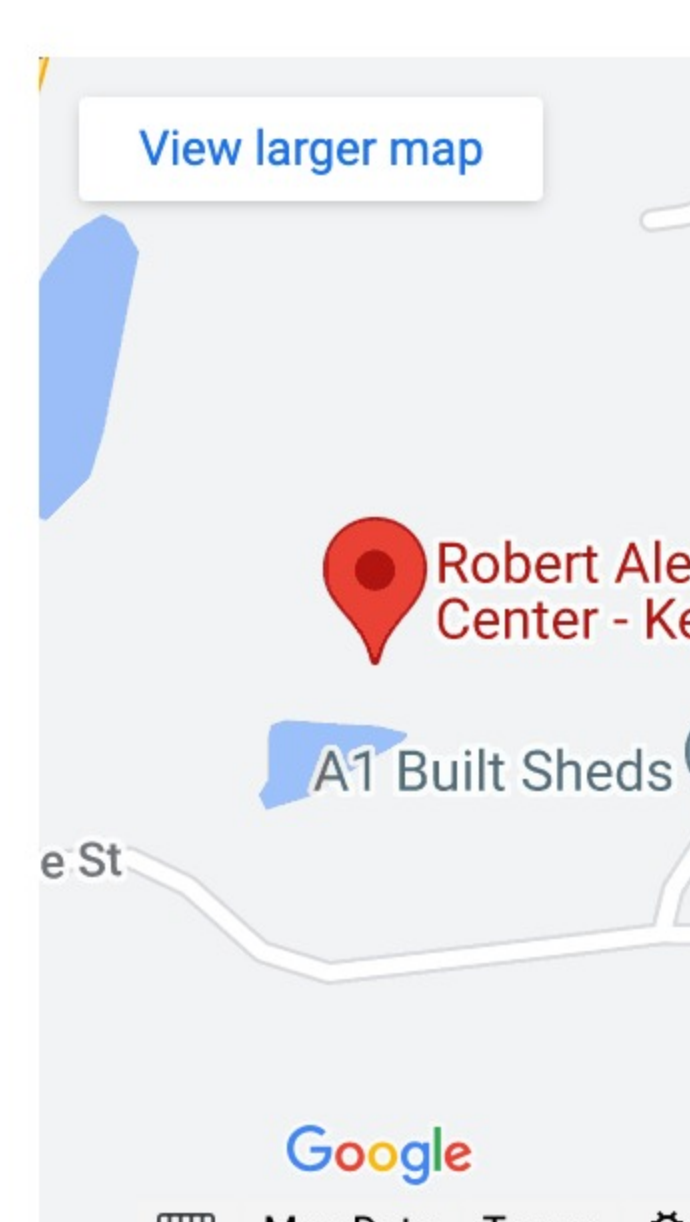
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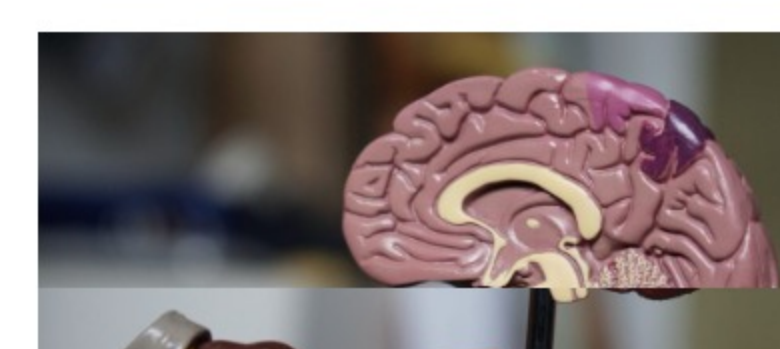
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